

WEEK TWELVE

Contentment for Today

What is the secret to living “the good life”?

living for pleasure (*hedonia*)

the good life is achieved
in pursuit of pleasure and
the absence of pain

contentment in circumstances

living for purpose (*eudaimonia*)

the good life is achieved
by virtuous actions and
the presence of meaning

contentment in self-effort

Rejoicing with concerned friends

Philippians 4:10, 14 ^{NIV}

I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it.

¹⁴ Yet it was good of you to share in my troubles.

Contentment is learned through circumstances

Philippians 4:11-12 ^{NIV}

I am not saying this because I am in need, for I have **learned to be content whatever the circumstances.** ¹² I know what it is to be in need, and I know what it is to have plenty. I have **learned the secret of being content in any and every situation,** whether well fed or hungry, whether living in plenty or in want.

**Contentment is
not based on
our possessions**

Philippians 4:11-12 ^{NIV}

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be **in need**, and I know what it is **to have plenty**. I have learned the secret of being content in any and every situation, **whether well fed or hungry, whether living in plenty or in want**.

**Contentment is
based on
God's power**

Philippians 4:13 NIV

I can do all this **through him** who gives me strength.

“You cannot find complete satisfaction in any temporal gift, because you were not created to find your delight in them. Even if you possessed all the good things God has created, you could not feel happy and glad; all your gladness and happiness rest in the God who created those things.”

—Thomas à Kempis

The secret to the “good life” is
contentment in the gospel.

Generosity is an eternal practice

Philippians 4:15-17 ^{NIV}

Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in **the matter of giving and receiving**, except you only; ¹⁶ for even when I was in Thessalonica, **you sent me aid more than once** when I was in need. ¹⁷ Not that I desire your gifts; what I desire is that **more be credited to your account.**

Generosity is a practice of worship

Philippians 4:18 ^{NIV}

I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God.

**Our generosity
is modeled after
God's generosity**

Philippians 4:19 NIV

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

The secret to the “good life” is
contentment in the gospel.

Contentment in the gospel produces
generosity and a growing faith.

**What is the
Holy Spirit inviting
you to practice?**

Pursue spiritual friendship.

Give thanks in all circumstances.

Share generously with others.

Trust God to provide.

God's Glory
God's People
God's Grace

Philippians 4:20-23 ^{NIV}

To our God and Father be glory for ever and ever. Amen.

²¹ Greet all God's people in Christ Jesus. The brothers and sisters who are with me send greetings. ²² All God's people here send you greetings, especially those who belong to Caesar's household.

²³ The grace of the Lord Jesus Christ be with your spirit. Amen.