

CONTENTMENT

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Contentment: It's a Decision, not a Destination

Sermon by Pastor Bob Johnson / Nov 27, 2021

Text: [Philippians 4:8-13](#)

Reason #1: Comparison with

"Comparison with myself brings improvement, comparison with others bring discontent" ~ Betty Jemmy Chung

Reason# 2: Lack of

"What you focus on grows, what you think about expands, and what you dwell upon determines your reality" ~ Robin Sharma

Reason # 3: You are stuck in your

"A comfort zone is a really beautiful place, but nothing grows there" ~ Anonymous

Reason #4: You Don't Your Body

Endorphins trigger a positive feeling in the body and help you develop a positive and energizing outlook on life.

Reason #5: You are always thinking about the or the .

"If you are depressed, you are living in past. If you are anxious, you are living in future. If you are at peace, you are living in present." ~ Anonymous

"An inward assurance in God's sovereignty and goodness that produces the fruit of joy, peace, and thanksgiving in the life of the believer regardless of outer circumstances." Melissa Kruger

The Bible pictures contentment by a tree planted by a stream:

– Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper. ([Psalms 1:1-3](#))

– Blessed is the man that trusteth in the LORD, and whose hope the LORD is. For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit. ([Jeremiah 17:7-8](#))

Paul says, "I have learned to be content" ([Philippians 4:12](#)).

What did Paul learn that allowed him to express his contentedness?

I. Decide to submit to God's sovereignty. [Philippians 4:10-11](#)

Contentment is knowing God's plan for your life, having a conviction to live it, and believing that God's peace is greater than the world's problems

[Job 36:11](#), If they obey and serve him, they shall spend their days in prosperity, and their years in pleasures.

[Pro 19:23](#), The fear of the LORD tendeth to life: and he that hath it shall abide satisfied; he shall not be visited with evil.

[Psa 34:10](#), The young lions do lack, and suffer hunger: but they that seek the LORD shall not want any good thing.

Contentment is a decision to submit to God's sovereignty!

[Heb 13:5](#) Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

II. Decide to focus on God's faithfulness. [Philippians 4:12](#)

III. Decide to trust in God's Sufficiency. [Philippians 4:13](#)

Paul expressed his struggle with contentment in [2 Corinthians 12](#).

"And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure. For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong."
[\(2 Corinthians 12:7-10\)](#)

Live within a reasonable standard.

Develop a habit of giving

Establish priorities.

Pursue a thankful attitude.

Reject a fearful spirit.

Seek God's will.

Trust God's promise.