

EXCESS BAGGAGE

Dismissing Discontentment, Philippians 4:10-13

Discontentment and the Damage It Can Do

- Discontentment is the condition of being dissatisfied with one's life or situation or with what one has monetarily, materially, relationally, etc.
- There are times when discontentment is acceptable, i.e. being discontent with your spiritual growth or being discontent with the injustice and evil in the world wanting to see change
- No one has to teach us discontentment, it comes naturally for us
- God has no problem blessing us with things, the problem comes when the things we are blessed with is not enough
- What makes us discontent?
 - Covetousness **Luke 12:15 (KJV) 15 And he said unto them, Take heed, and beware of covetousness: for a man's life consisteth not in the abundance of the things which he possesseth.**
 - Our ego - We have *self-determined* that we *deserve* or are *entitled* to be at a higher level than where we are
 - Our peers – If they get something new, it makes us dissatisfied with what we have or we feel the need to compete with our peers
 - Misuse of scriptures **John 15:7 (KJV) 7 If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.**
 - The marketplace - they advertise in away to make us “feel discontent” with what we have
 - Conditions in life that won't change
 - Enough *never* seems to be enough
 - We don't have a point where we are satisfied
- Because of this, true contentment is elusive; it's like trying to hit a moving target
- *What does discontentment do to us?*
 - Hinders our spiritual growth
 - Robs you of your peace and joy in life
 - You become a “complainer”
 - Discontentment distorts your *past* and destroys your *present* **Numbers 11:4-6 (KJV) 4 And the mixt multitude that was among them fell a lusting; and the children of Israel also wept again, and said, Who shall give us flesh to eat? 5 We remember the fish, which we did eat in Egypt freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlick: 6 But now our soul is dried away: there is nothing at all, beside this manna, before our eyes.**
 - Discontentment is sin **Ecclesiastes 5:10 (KJV) 10 He that loveth silver shall not be satisfied with silver; nor he that loveth abundance with increase: this is also vanity.**

Dismiss Discontentment by Seeing Beyond Your Circumstances

Philippians 4:10 (KJV) But I rejoiced in the Lord greatly, that now at the last your care of me hath flourished again; wherein ye were also careful, but ye lacked opportunity.

EXCESS BAGGAGE

Dismissing Discontentment, Philippians 4:10-13

Paul was under house arrest

- Chained day and night to a guard
- But he was still doing ministry behind prison bars
- The Philippians church heard about Paul's situation and how he was committed to preaching the gospel in spite of being in prison
- The church was moved to take up an offering to help meet Paul's needs
- But he does not allow his personal problems keep him from being appreciative and grateful for the help he's received
- He was able to see past his problems and see how God was using people to be a blessing to him
- He did not focus on what was happening to him, but he focused on what he saw God doing through others for the sake of his ministry
- Paul is in prison but he still has time to write a thank you letter to people who have supported him financially
- You and I like Paul go through all sorts of ups and downs in life
- But unlike Paul, we sometimes only see our "circumstance" and miss what God is doing *in* our circumstance
- Paul was able to be content or satisfied in a situation he could not change and still be grateful to God and to the Philippian church God was using to encourage him

Dismiss Discontentment by **Learning to be Content**

[11] Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. [12] I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need.

- Paul said right now I really don't need anything because whatever state I'm in, I've learned to be content
- *Contentment* is being satisfied to the point where you are not disturbed or upset with where you are or what you have in life
- Contentment is a *learned* behavior
- Paul learned how to be content with his station in life
- Contentment is a learning experience
- Paul did not become content overnight
- **Paul learned contentment through faithfully believing that God would provide what he needed**
- Contentment is learning to be satisfied and happy right where you are
- Some people believe they will be satisfied when they move into the larger home, get the promotion, or the right connections
- If you are not content in your current circumstances, you won't be happy in *any other* circumstance either
 - True contentment comes from being at peace with where you are and who you are in Christ Jesus
 - You can't find true contentment apart from Jesus Christ

EXCESS BAGGAGE

Dismissing Discontentment, Philippians 4:10-13

- Paul said I *know* how to be *abased* and I *know* how to *abound*
- Contentment can handle the extremes in life
- Paul focused on what he was supposed to *do*, not what he felt he should *have*
- Paul had *detached* himself from the nonessentials so that he could concentrate on the eternal.
- Contentment is also learning to accept what God may not change and asking God how you can use the difficulty to glorify Him
- Paul had learned how to be satisfied with what God was doing in his life and making the best out of what God providing in his life

The Secret to Contentment

[13] I can do all things through Christ which strengtheneth me.

- The secret to contentment is not more things, it is *knowing* that Jesus Christ gives us the strength we need to do whatever He wants us to do
- No matter the situation you face, Jesus will supply *enough* of whatever you need to do whatever is needed at that moment
- Paul prayed that a physical problem in his body be removed and God responded by saying ***2 Corinthians 12:8-9 (KJV) 8 For this thing I besought the Lord thrice, that it might depart from me. 9 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.***
- Your need will teach you to trust God more
- God gives me enough strength to *appreciate* where I am and what I have
- Contentment is found in knowing God will take care of you ***Philippians 4:19 (KJV) 19 But my God shall supply all your need according to his riches in glory by Christ Jesus.***
- We can trust that God will always meet our needs
- We must remember, however, the difference between our *wants* and our *needs*
- By trusting in Christ, our “attitudes and appetites” can change from wanting everything to accepting His provision and power to live for Him.
- Contentment is found in meditating on the Word
 - Put God first and the things will eventually come ***Matthew 6:33 (KJV) 33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.***
 - Be grateful ***1 Thessalonians 5:18 (KJV) 18 In every thing give thanks: for this is the will of God in Christ Jesus concerning you.***
 - Godliness and contentment go together ***1 Timothy 6:6-8 (KJV) 6 But godliness with contentment is great gain. 7 For we brought nothing into this world, and it is certain we can carry nothing out. 8 And having food and raiment let us be therewith content.***