



Series: Ascend
Message: Cultivate Contentment
Passage: Philippians 4:4-13
Date: November 10 & 11, 2007
Speaker: Pastor Steve Harling

Philippians 4:11b-13 (NIV) ...for I have learned to be content whatever the circumstances. 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. I can do everything through him who gives me strength.

Contentment is not...

...numbed indifference or stunted ambition.

Contentment is...

...the capacity to remain inwardly peaceful and confident regardless of changing outer circumstances.

...a learned behavior—"contentment in all states is not a natural propensity of man" (Spurgeon).

...uncovered by a secret: "a growing confidence in the loving sufficiency of Christ."

Contentment is as strange to most of us as living in an igloo or raising a rhino in our backyard. —Swindoll

Contentment makes poor men rich, discontentment makes rich men poor.
—Ben Franklin

Cultivating contentment is not just a good idea to help you become more happy...it's a spiritual priority.

Be content with what you have because God has said, "Never will I leave you; never will I forsake you" (Hebrews 13:5b NIV).

(more on back)

Cultivating Contentment

“Contentment is a pearl of great price, and whoever procures it at the expense of 10,000 desires makes a wise and happy purchase.” —Balquy

1. Give thanks (every day).

2. Stop feeding your discontent.

“Do not spoil what you have by desiring what you have not.” —Epicurus

3. Give “stuff” away.

“I don’t want to own anything that won’t fit into my coffin.” —Fred Allen

4. Live in the present.

“Happy the man and happy he alone, who calls today his very own.”

—Dryden

“Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”

—David, Psalm 73:25–26

“Lord, I am willing to receive what you give, to lack what you withhold, to relinquish what you take from me, to suffer what you inflict...to become what you require.”

—Betty Jean Campbell, January 1, 1987