

GRACE BIBLE CHURCH LORTON

Learning Contentment

Philippians 4:10-13
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Contentment is a learned heart attitude of sufficiency in Christ that can endure through every circumstance.

Discontentment – a restless desire or craving for something one does not have.

1. Contentment is learned (4:11-12)

2. Contentment is a heart attitude (4:11)

Autarkous – *autos* (self) and *arkeo* (to suffice). "I am satisfied with my lot in life."

3. Contentment is durable (4:11-12)

4. Contentment is sufficiency in Christ (4:13)

Questions to Consider

1. Think about your most recent experience of discontentment. At that moment, did you have full faith in God's kindness and providence, or were you lacking faith?
2. Where do you seem to most often battle discontentment? Are there lies that you might be believing?
3. Since contentment is learned, what does that mean for you? How will you go about learning contentment?
4. What is Scripture saying to us if our experience of contentment seems to be based largely on our circumstances?
5. Read 2 Corinthians 9:8 and 12:7-10. How do we experience the sufficiency of Christ, and what does that sufficiency mean for our contentment with life's circumstances?
6. "How does the gospel lead us back to God as the source and sustainer of our contentment?" (From *Chasing Contentment*)
7. What do you need or lack that that is not found in Jesus Christ?

For further reading: *Contentment, Seeing God's Goodness* (2018) by Megan Hill and *Chasing Contentment, Trusting God in a Discontented Age* (2017) by Erik Raymond