



Cultivating a Thankful Heart

Philippians 4:10-13

“Hope for the
Discontented Heart”

“Thou hast made us for thyself, O Lord,
and our heart is restless until it finds its
rest in thee.”

St. Augustine of Hippo

“There is no peace,” says the LORD, “for
the wicked”

Isaiah 48:22

“I have learned the secret of facing plenty and hunger, abundance and need.”

Philippians 4:12 ESV

Contentment is elusive for many, but it can be learned.

What feeds or fuels my discontent?

(What do I wish would change, so I can be happier?)

--in my family

--my work or responsibilities

--in friendships, in the community

--in church

--emotional discontent

The Myth of Discontent-

“I will be more satisfied when I get that promotion.”

“I will be happier once I get married.”

“I will be content when I accomplish that goal.”

“I’ll be at peace once this difficult period ends.”

What is keeping you from being content right now? Perhaps that is an idol of the heart?

“Christian contentment is that sweet, inward, quiet, gracious frame of spirit, which freely submits to and delights in God’s wise and fatherly disposal in every situation.”

The Rare Jewel of Christian Contentment- 1648
Jeremiah Burroughs, Puritan Minister

“Contentment is finding inner satisfaction in God alone and in His provisions for you. It is consciously enjoying the fact that God is good, even when your circumstances are not. It is the opposite of grumbling, complaining, and ingratitude.”

Journal of Biblical Counseling- 2002
Robert D. Jones, Pastor

Bottom Line-

Contentment is ability to live a satisfied, God-pleasing life in any situation—thanking Him for the present and trusting Him for the future.

Aspects of Contentment:

1. Be willing and thankful to receive generosity from others which meets our needs. (10, 14)

I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity....Yet it was kind of you to share my trouble. **Philippians 4:10, 14** ESV

I want you to know, brothers, that what has happened to me has really served to advance the gospel, so that it has become known throughout the whole imperial guard and to all the rest that my imprisonment is for Christ.

Philippians 1:12-13 ESV

Aspects of Contentment:

1. Be willing and thankful to receive generosity from others which meets our needs. (10, 14)

→ Our willingness to receive help and generosity from others is a sign of humility and maturity.

→ Our unwillingness to accept help is a sign of self-sufficiency, not God sufficiency.

Aspects of Contentment:

2. Learning the Holy-Spirit led discipline of separating needs from wants. (11-12)

Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.

Philippians 4:11-12 ESV

The crowd joined in attacking them, and the magistrates tore the garments off them and gave orders to beat them with rods. And when they had inflicted many blows upon them, they threw them into prison, ordering the jailer to keep them safely. Having received this order, he put them into the inner prison and fastened their feet in the stocks.

Acts 16:22-24 ESV

But godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world. But if we have food and clothing, with these we will be content. But those who desire to be rich fall into temptation, into a snare, into many senseless and harmful desires that plunge people into ruin and destruction.

1 Timothy 6:6–9 ESV

True Contentment never comes from circumstances. It comes by trusting Christ's presence in us and His promise to meet all our needs.

“I can do all things through him who strengthens me.” **Philippians 4:13**

“And my God will supply every need of yours according to his riches in glory in Christ Jesus.” **Philippians 4:19**

Learning Contentment

Focus on our P—T—O's

PRAY- verses 6-7

THINK godly thoughts- verse 8

OBEY God's truth- verse 9

Philippians 4:6-9

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