



Learning the Art of Christian Contentment

**JOY IN HIM**

# The Art of Contentment:

- *I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it. I am not saying this because I am in need, **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.***
  - Philipians 4:10-12

# *Christian* Contentment

- “This word 'contented' means that a person is independent emotionally, or better affectionately, of his/her circumstances. The Christian is a person content with their lot in life, no matter what it is. They are quite reconciled to their circumstances and do not escape from them. They know that they face life or death with totally adequate resources - whatever forms of life or death may come, they know that they can cope, and therefore are contented.”
  - Rev. Geoff Thomas

# Clarification...

- "If you can improve your circumstances in fair and legitimate ways, by all means do so; but if you cannot, and if you have to remain in a trying and difficult position, do not be mastered by it, do not let it get you down, do not let it control you, do not let it determine your misery or your joy. 'You,' says the apostle, 'must come into the state in which, whatever your conditions, you are not controlled by them.' That is what he affirms of himself. 'Whatever my condition or circumstances,' he says in effect, 'I am in control. I am master of the situation, I am not mastered by the situation. I am free. I am at liberty. I do not depend for my happiness upon what is happening to me. My life, my happiness, my joy and my experience are independent of the things that are going on about me, and even on the things that may be happening to me,'"
- (D. Martyn Lloyd-Jones, "The Life of Peace: Studies in Philippians 3&4," Hodder and Stoughton, London, 1990, p.208).

# What hinders our contentment?

- Imbalance of desires and possessions.
- Wrong perspective of our needs.
- Desiring the rewards/ promises of the gospel, rather than their source.
- Not recognizing the amazing work of the cross.



# How do we achieve contentment?

## By having a right perspective:

- i] Jesus Christ has been given all authority in heaven and on earth. (Matthew 28:18; Psalm 115:3)
  - ii] We must be deeply persuaded that our Saviour is working all things together for my good. --We may make no exceptions when God makes none. (Romans 8:28; Jeremiah 29:11)
  - iii] The final principle on which a life of contentment is erected is this: Thy will be done.
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