



The People of the King



Know the Secret of Contentment

Bible Study Tip

- Understand the context
- Book overviews/introductions
 - BibleProject.com
 - Study bibles
 - Commentaries



Context of Philippians 4

Paul's situation

- House arrest – dependent on others for food, rent, etc.
- Church in Philippi sent him support
- Possibility of execution

Philippians

- Prided themselves on being Roman citizens
- Faced persecution for preaching the Gospel

Letter from Paul to church in Philippi

- Thank *them* for their support and prayers
- Imitate the life of Jesus in various ways
- Encourage *them* to stand firm in the face of persecution



Philippians 4:8-13 (NIV)

(⁴Rejoice in the Lord always. I will say it again: Rejoice! ⁵.... ⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹Whatever you have learned or received or heard from me or seen in me—put it into practice. And the God of peace will be with you.

¹⁰ I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. ¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances.

¹² 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. ¹³ I can do all this through him who gives me strength.

I can do all things ...

Achieving success

"It'll hopefully inspire people to find something that drives them, whether that's a verse or some other motivating force that keeps you hungry and keeps you driven..."



I can do all things ...

Achieving success

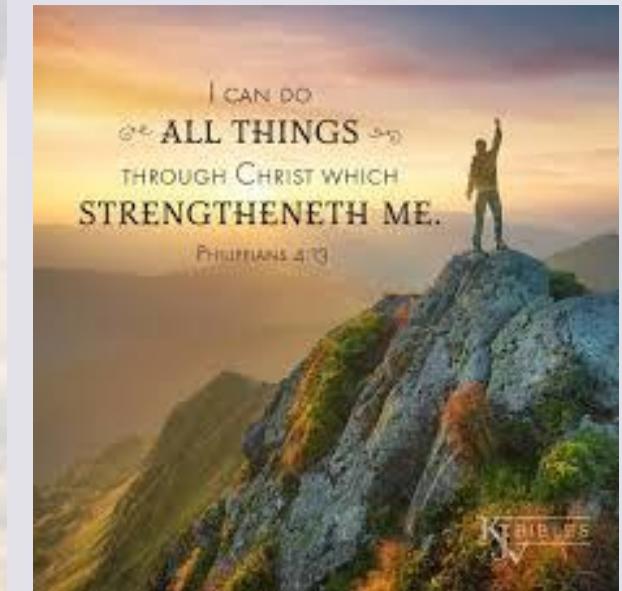
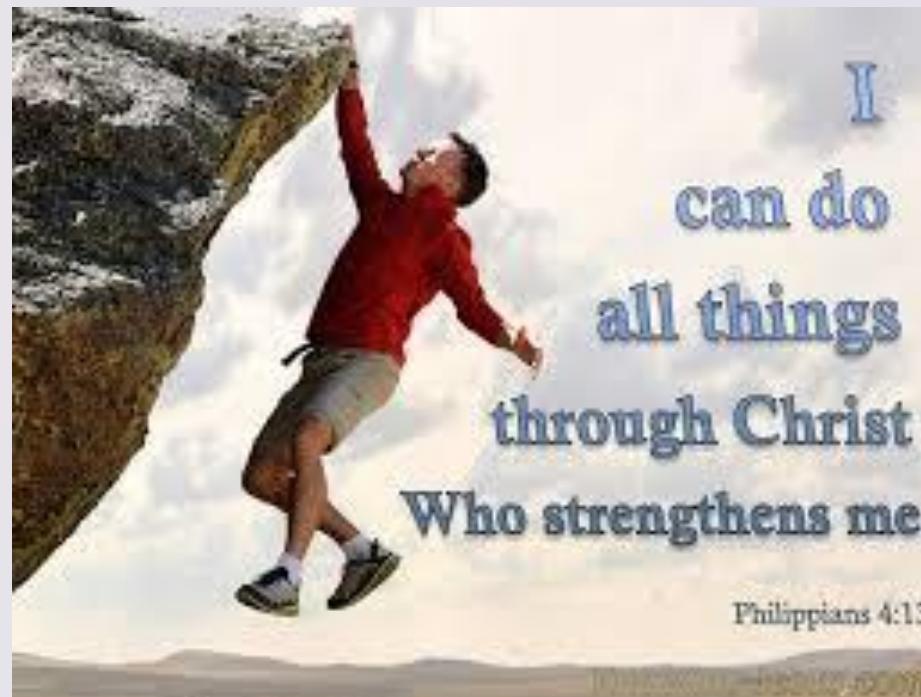
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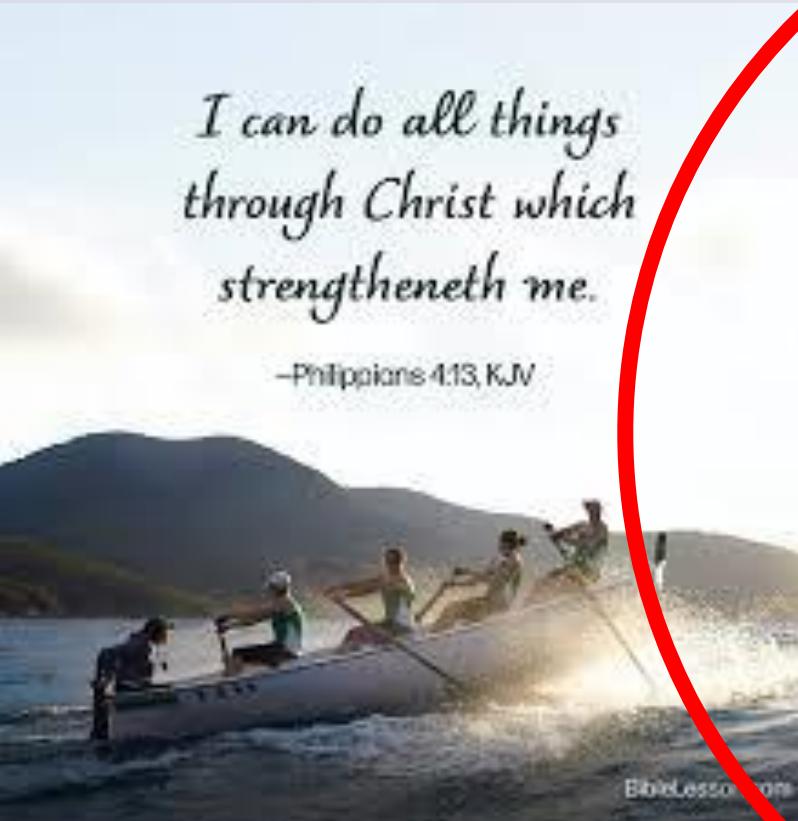
Accomplishing something amazing

I can do all things through Christ which strengtheneth me.

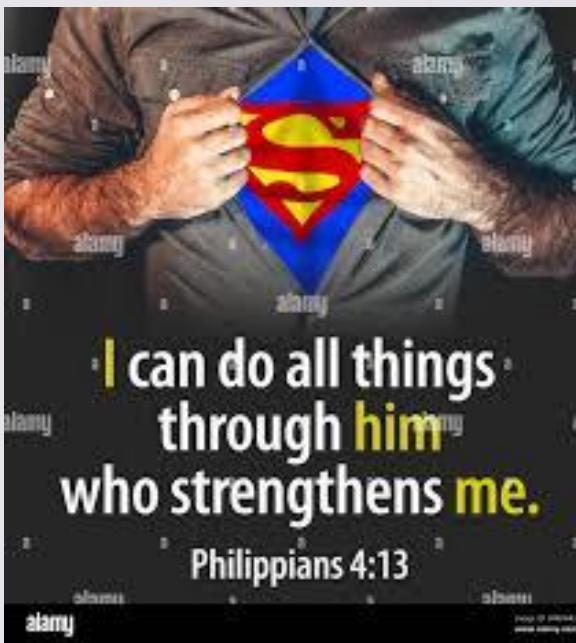
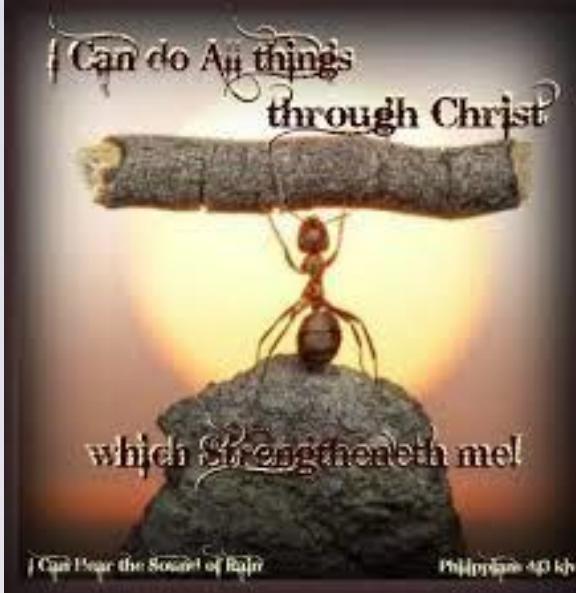
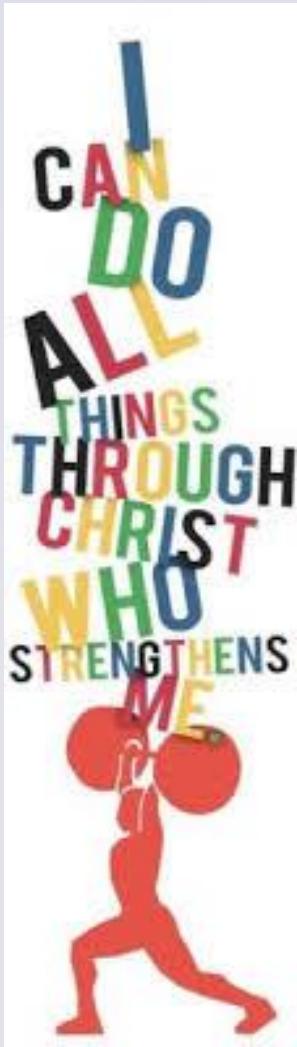
—Philippians 4:13, KJV



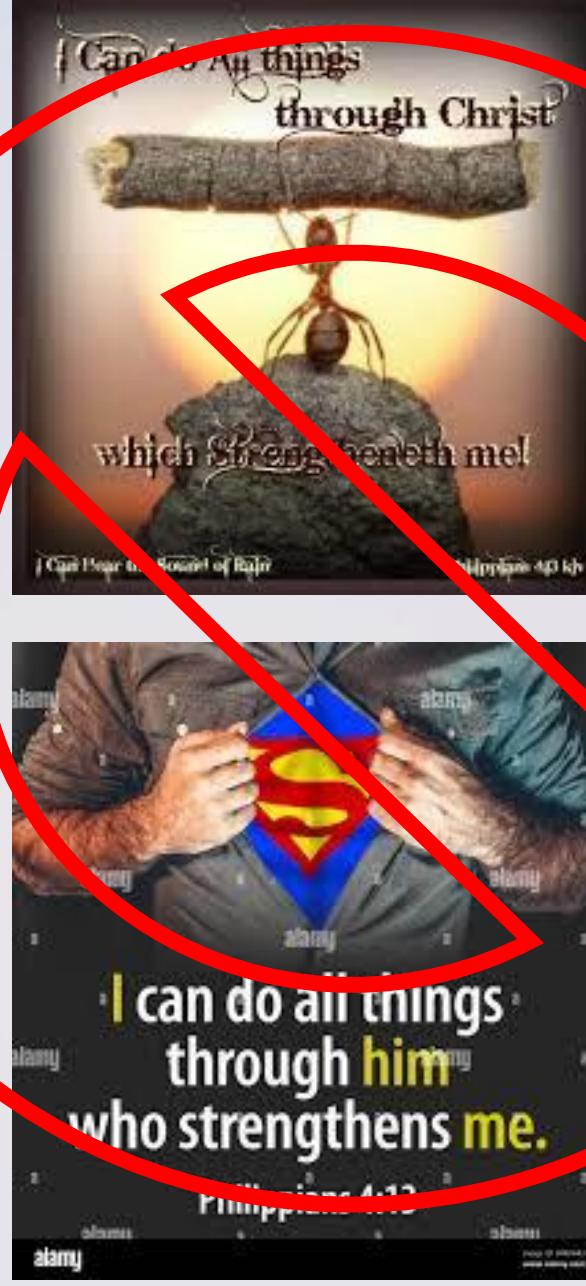
Accomplishing something amazing



Super-human strength



Super-human strength



I can do all
things through
a Bible verse taken
out of context

Bookish
Stickers



¹² 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.

- Have learned – process, not a download or prophetic word
- Secret – known by a select few
- Mystery – things that don't make logical sense



¹² 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.

- Content with plenty
- Not wanting more than you need (opposite of covet)
- Enduring hunger and not knowing when it will end
 - Restful contentment, absence of fear, despite logical response
 - *Don't be anxious about anything...and the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 4:6-7*



I have learned **the secret** (recipe) of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

What is Paul's secret?

13 I can do all this through him who gives me strength.

- Christ is the one who gives me the strength I need to do whatever I must do. (Easy-to-Read Version)
- Whatever I have, wherever I am, I can make it through anything in the One who makes me who I am. (The Message)

Paul's “secret recipe” for being content

- Not Stoic “self-sufficiency” (emotionless, wooden impassivity)
- Not hiding from, avoiding, or numbing pain/suffering
- Not denying reality of living in this world
- Not going it alone
- “God-sufficient” - dependent on God. The strength is given, not earned.
- Accepting, even embracing suffering *“I want to know Christ...and the fellowship of sharing in his suffering.”*
- Shifting our focus to and trusting in God: *whatever is true, noble, right, pure, lovely...; our citizenship is in heaven*
- Looking to community to receive and offer support, care, prayers



Jeremiah 17:7-8 (similar to Psalm 1)

“But blessed is the one who **trusts in the LORD**, whose **confidence** is in him.

⁸ They will be like a tree planted by the water that sends out its **roots** by the stream.

It does not **fear** when heat comes; its **leaves** are always green.

It has **no worries** in a year of drought

and never fails to **bear fruit**.”

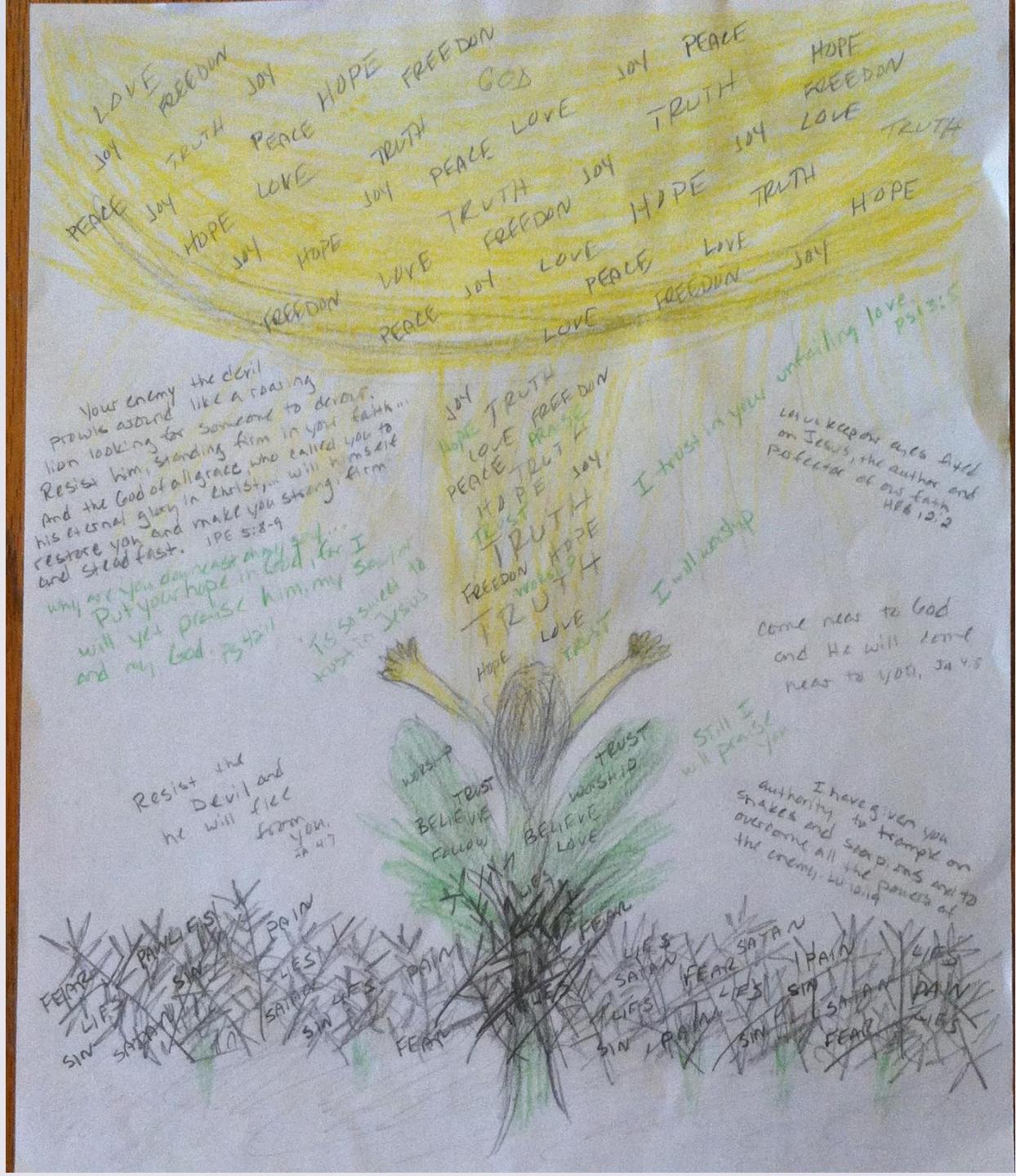


Receive life-giving *gifts* of peace,
freedom, joy, love, truth

Press on/up/beyond thorns –
choose to believe, ***choose*** to hope,
choose to trust, ***choose*** to worship
– to focus on what is good and pure
and lovely, your heavenly
citizenship

Thorns of this world – fear, pain, lies, effect of sin

Dig deep for strength and stability,
safety, hold firm – know scripture
and remember who God is



Invitation

Establish your foundation in God – what do you know about God?
From scripture, your own experiences, experiences of others?

Choose to worship God for who He is, despite your circumstances.

