

# Contented Living

## A Series in Philippians

*...we are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed...*  
*II Corinthians 4:8-9*

### A. THREE THINGS CONTENTMENT ISN'T

1. Stuffing one's feelings (Ps. 32:3).
2. Standing still (Phil. 3:14; Luke 9:62)
3. Storing possessions (Mark 10:22)

### B. THREE SECRETS OF CONTENTMENT

1. Dwelling on His Word (Phil 4:8)
2. Devoted to His Word (Phil 4:9)
3. Dependent on the Word (Phil 4:9)

### C. TEN BIBLICAL STEPS TOWARDS CONTENTMENT

1. Contentment is a learned art (Phil 4:11-12)
2. Contentment isn't dependent on circumstances (Phil 4:11-12)
3. Contentment is recognizing personal growth (Phil 1:6; 2:13)
4. Contentment is recognizing God's hand in my circumstances (Phil 1:12)
5. Contentment is developing a relationship with Jesus Christ (Phil 1:12)

6. Contentment is living for others (Phil 2:3-5)

7. Contentment is spending time in prayer (Phil 4:6-7)

8. Contentment is spending time in praise (Phil 4:4)

9. Contentment is spending time with positive people (Phil 3:17)

10. Contentment is a certainty when I rely on God's power and grace in my life (Phil 4:13)

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Tapes of this and other series are available upon request.