



Our Scripture reading for this morning can be found  
in Philippians Philippians 4:10-13.

This is the reading of the word of the Lord.

Thanks be to God.



# CONTEXT



**CONTENTMENT MUST BE  
LEARNED**



**We have to learn contentment because  
our internal default is discontentment**



**CONTENTMENT IS  
REVEALED IN OUR  
CIRCUMSTANCES**



Two things I ask of you; deny them not to me before I die: Remove far from me falsehood and lying; give me neither poverty nor riches; feed me with the food that is needful for me, lest I be full and deny you and say, “Who is the Lord?” or lest I be poor and steal and profane the name of my God.

Proverbs 30:7-9



Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry

Colossians 3:5





# COVID and Contentment



One who is content with what he has, and who accepts the fact that he inevitably misses very much in life, is far better off than one who has much more but who worries about all he may be missing . . . the relative perfection which we must attain to in this life if we are to live as sons of God is not the twenty-four-hour-a-day production of perfect acts of virtue, but a life from which practically all the obstacles to God's love have been removed or overcome. One of the chief obstacles to this perfection of selfless charity is the selfish anxiety to get the most out of everything, to be a brilliant success in our own eyes and in the eyes of other men.

DA Carson



We can only get rid of this anxiety by being content to miss something in almost everything we do. We cannot master everything, taste everything, understand everything, drain every experience to its last dregs. But if we have the courage to let almost everything else go, we will probably be able to retain the one thing necessary for us— whatever it may be. If we are too eager to have everything, we will almost certainly miss even the one thing we need. Happiness consists in finding out precisely what the "one thing necessary" may be, in our lives, and in gladly relinquishing all the rest. For then, by a divine paradox, we find that everything else is given us together with the one thing we needed.”

Thomas Merton



**CONTENTMENT COMES  
FROM OUTSIDE  
OURSELVES**



**Contentment is the internal freedom  
that comes from practicing the loving  
presence of God**



You must arrange your days so that you are experiencing deep contentment, joy, and confidence in your everyday life with God.

Dallas Willard



For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith —that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

Ephesians 3:14-19

