

Philippians 4:10-13

The Secret of Contentment

This passage turns our focus to the issue of contentment as Paul shows how contentment in any situation can be a reality.

- > Paul had received a gift from the Philippians, and in verse 10 he expresses his gratefulness that they could help him.
- > What did Paul mean when he said that he did not “need” anything (v. 11)? He was content with what the Lord allowed him to have. There was nothing the Lord didn’t give him that he “needed.”
- > Paul had experienced being rich, as well as being poor, and he was content with either (v. 12). How can the same attitude help us when we do not have the things we want? We can be thankful for what we do have. It helps us keep our focus and desires on heavenly things rather than on earthly things.
- > How can facing difficult circumstances reveal Christ’s strength as mentioned in [verse 13](#)? We can see that with His strength we can handle any circumstance God allows us to be in.

Application

Life is not about what we have and do not have, but rather about accomplishing what God has called us to do in the situation where He has placed us. When we forget this, we can become miserable with life and fail to focus on what is truly important. If you are struggling with contentment, ask:

- How can I live a life of gratitude for the many things and blessings God has given me?
- Am I simply focused on my desires, or am I trusting God to accomplish His greater purpose with my life?

In Christ, we have all that we truly need! Trusting Him and living in pursuit of His calling, rather than being overly focused on our own desires, will enable us to handle anything!