

Sermon Quotes
December 7th, 2008
Philippians 4:10 – 13 The Secret Of Contentment

The Secret of Contentment:

1. What is Contentment, really?
2. Why do so few experience it?
3. What's the secret? (How can we live contented lives?)

Definitions:

Contentment is not getting what you want, but wanting what you have.

Being at rest with your circumstances, whatever they may be.

“Contentment is not merely one act, just a flash in a good mood. You find many men and women who, if they are in a good mood, will be very content. But this will not hold...Contentment is the inward, quiet, gracious frame of spirit, freely submitting to and taking pleasure in God's disposal in every situation.”

—Jeremiah Burroughs

In our fallen condition, it is almost built-in to **crave** and **desire** things we are either not supposed to have or unable to have.

James 4:1-2 “What causes quarrels and what causes fights among you? Is it not this, that your passions (*desires*) are at war within you? You desire and do not have, so you murder. You covet (*want or crave*) and cannot obtain, so you fight and quarrel...”

“You and I are always desiring. Desires, precede, determine, and characterize everything you do. Desires get you up in the morning and put you to bed at night. Desire makes you work with all discipline to get one thing done, and run as hard as you can to avoid another. Desires sculpt every relationship in your life. They are the lenses through which you examine every situation. At the foundation of all worship, whether true or false, is a heart full of desire...Desire lies at the base of every angry feeling, word, and action.”

—Paul David Tripp

"The simplest way to discover **why** a person does, says, thinks, or feels certain things is to ask, 'What do you want? What desires made him do that?'"

—David Powlison

*“I believe that contentment depends very much upon taking a right views of things. That is, to take a short view of things. To live **by the day** is the way to be cheerful. If you try to live by the month you will bring home a month's troubles to eat up a day's meat. God has not constructed his people to live by the month; their souls, like their bodies, are fashioned to live by the day. His supplies, his promises, the very prayers he puts into our mouths, all deal with days: 'Give us **this day** our daily bread.' 'As thy days so shall thy strength be.' Live by the day, then, and you will be content.”*

—Charles Spurgeon