

CHARACTER COUNTS

CONTENTMENT

BIG IDEA: Be content in the power and provision of God.

DATE: Sunday, September 13, 2026

SCRIPTURE: Philippians 4:10-20

OPENING QUESTION

When was the last time you found yourself wanting more of something?

SETTING THE STAGE

Paul wrote Philippians from prison in Rome with a desire to thank the church for a gift that they sent to him through Epaphroditus. He updated the church on his situation, emphasizing that he was still pressing forward toward the prize. He urged the church to come together in unity. He concluded his letter with thanksgiving for their gift, and assurance that he was content in his circumstances.

SCRIPTURE READING

Philippians 4:10-20 (CSB)

¹⁰ I rejoiced in the Lord greatly because once again you renewed your care for me. You were, in fact, concerned about me but lacked the opportunity to show it. ¹¹ I don't say this out of need, for I have learned to be content in whatever circumstances I find myself. ^{12a} I know how to make do with little, and I know how to make do with a lot.

^{12b} In any and all circumstances I have learned the secret of being content—whether well fed or hungry, whether in abundance or in need. ¹³ I am able to do all things through him who strengthens me. ¹⁴ Still, you did well by partnering with me in my hardship.

¹⁵ And you Philippians know that in the early days of the gospel, when I left Macedonia, no church shared with me in the matter of giving and receiving except you alone. ¹⁶ For even in Thessalonica you sent gifts for my need several times. ¹⁷ Not that I seek the gift, but I seek the profit that is increasing to your account. ¹⁸ But I have received everything in full, and I have an abundance. I am fully supplied, having received from Epaphroditus what you provided—a fragrant offering, an acceptable sacrifice, pleasing to God. ¹⁹ And my God will supply all your needs according to his riches in glory in Christ Jesus. ²⁰ Now to our God and Father be glory forever and ever. Amen.

DISCUSSION

How would you define contentment?

READ: Philippians 4:10-12a

Why is finding contentment so challenging? What are some enemies of contentment in today's culture?

READ: Philippians 4:12b-14

- How would you describe the secret of being content?
- What are some ways you've seen Philippians 4:13 misapplied?
- Have you ever had a time in your life when - through the generosity of God's people - God provided precisely what you needed?
- Maybe you have been through a trying time financially or physically. What helped you be content and grateful during those hard times?
- Have you ever blessed someone anonymously? What was that like?

READ: Philippians 4:15-20

- How would you describe our culture's view of contentment?
- How does our contentment impact the kingdom of God?
- How can we practically cultivate a spirit of contentment in our daily lives?
- What are some qualities of someone who has learned the secret of being content? What is it like being around them?

Building a relationship of trust with God through prayer, reading Scripture, and relying on His promises helps cultivate a sense of contentment.

RESPONSE

We are called to be content in the power and provision of God. Here are some ways to practice that:

Monitor. Don't make discontent worse by comparing yourself and your situation to that of others. Make a gratitude list of all the things for which you are thankful.

Ask. Give a close friend or a spouse the permission to point out anytime your conversation reflects a dissatisfaction with your status in life. Promise this person you won't get mad for what is said.

Give. Make a financial contribution over and above your regular giving to your church to one of Chets Creek Church's ministry partners or for an upcoming mission trip. Practicing generosity leads to contentment.