

I. Topics for Trouble Times #1 - The Rare Jewel of Christian Contentment – Phil 4:10-13

A. The Definition of Contentment

Definition: Jeremiah Burroughs (JB)

Christian contentment is that sweet, inward, quiet, gracious frame of spirit, which freely submits to and delights in God's wise and fatherly disposal in every condition.

Definition: Robert Reymond (RR) Flows from the character of God

1. *Quiet within the heart*

- a) **Not opposed to recognizing affliction**
- b) **Not opposed to crying out to God in difficulty**
- c) **Not opposed to seeking help when in trouble**
- d) **Not opposed to desiring things to be different**
- e) **Opposed to murmuring and complaining**
- f) **Opposed to anxiety and fretting**
- g) **Opposed to unsettled and unstable spirit**
- h) **Opposed to sinking discouragement**
- i) **Opposed to heart consuming cares**
- j) **Opposed to lack of trust**
- k) **Opposed to rebellion**
- l) **Not a natural quietness**
- m) **Not a sturdy resolution**

2. *Submission and pleasure in God's disposal*

- a) **A ready, free submission – true humility**
- b) **True delight in God's providence**
- c) **Not mere stupidity**

B. The Conditions for Contentment

1. *At Peace with God*

2. *Not in Love with the World*

C. The Power for Contentment

1. *The person of the Holy Spirit*

1. *The Practice of Spiritual Discipline*

- a) **The Word**
- b) **Prayer**
- c) **Meditation/Memorization**

2. *Participation in the Church*

D. The State of Contentment

1. *Content with who I am*

2. *Content with where I am*

3. *Content with what I have*

E. The Destroyers of Contentment

1. *Anxiety/Fear*

2. *Grumbling*

3. *Greediness/Covetousness*

F. The Cultivation of Contentment

1. *Fixing a proper hope*

2. *Maintaining a proper perspective*

3. *Storing an appropriate treasure*

G. The Joy of Contentment

1. *We worship God richly*

2. *We are delivered from much temptation*

3. *We receive much mercy and grace*

4. *We give testimony to the character of God*