

# STUDIES IN CONTENTMENT

## LESSON #4 HANDOUT

### Philippians 4:1-13

<sup>1</sup> Therefore, my brothers, you whom I love and long for, my joy and crown, that is how you should stand firm in the Lord, dear friends!

<sup>2</sup> I plead with Euodia and I plead with Syntyche to agree with each other in the Lord. <sup>3</sup> Yes, and I ask you, loyal yokefellow, [<sup>fn1</sup>] help these women who have contended at my side in the cause of the gospel, along with Clement and the rest of my fellow workers, whose names are in the book of life.

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup> Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me-put it into practice. And the God of peace will be with you.

<sup>10</sup> I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it. <sup>11</sup> I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup> I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup> I can do everything through him who gives me strength.

### 2 Corinthians 11:24-28

<sup>24</sup> Five times I received from the Jews the forty lashes minus one. <sup>25</sup> Three times I was beaten with rods, once I was stoned, three times I was shipwrecked, I spent a night and a day in the open sea, <sup>26</sup> I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my own countrymen, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false brothers. <sup>27</sup> I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked. <sup>28</sup> Besides everything else, I face daily the pressure of my concern for all the churches.

### Acts 7:59 - 8:3

<sup>59</sup> While they were stoning him, Stephen prayed, "Lord Jesus, receive my spirit." <sup>60</sup> Then he fell on his knees and cried out, "Lord, do not hold this sin against them." When he had said this, he fell asleep.

<sup>1</sup> And Saul was there, giving approval to his death.

On that day a great persecution broke out against the church at Jerusalem, and all except the apostles were scattered throughout Judea and Samaria. <sup>2</sup> Godly men buried Stephen and mourned deeply for him. <sup>3</sup> But Saul began to destroy the church. Going from house to house, he dragged off men and women and put them in prison.

## Perspectives

1.) What is your perspective on cooking with gas vs. cooking with electric?  
In your opinion, which one is better, and why?

2.) What is your perspective on living to the west, south, east or north of  
Richmond? In your opinion, which one is best, and why?

3.) What is your perspective on shopping at Kroger vs. Ukrops? In your  
opinion, which one is best, and why?

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**\*Anxiety\***

“Jesus says that the root of anxiety is inadequate faith in our Father’s future grace. As unbelief gets the upper hand in our hearts, one of the effects is anxiety. The root cause of anxiety is a failure to trust all that God has promised to be for us in Jesus.”

John Piper

**\*Perspective\***

“Contentment. A state of heart in which you would be at peace if God gave you nothing more than He already has. What if God’s only gift to you were His grace to save you. Would you be content? You beg Him to save the life of your child. You plead with Him to keep your business afloat. You implore Him to remove the cancer from your body. What if His answer is, “My grace is enough.” Would you be content?

You see, from heaven’s perspective, grace is enough.”

- In The Grip of Grace  
Max Lucado

**\*Trust\***

***“Thou wilt keep him in perfect peace whose mind is stayed on thee: because he trusteth in thee.”***

*Isaiah 26:3*