

Sermon Outline: Learning Contentment in Christ
Philippians 4:6-9 (Philippians 4:1-13)

Introduction

- The Spirit of Discontent – a fire that burns within our soul
- Discontentment will Render us Ineffective in Our Witness of Christ to Others
- Five Outward Expressions of Inward Contentment (Philippians 4:1-5) – Standing Fast in the Lord; Being of the Same Mind in the Lord; Helping Others Who Labor in the Lord; Rejoicing in the Lord Always; Being Gentle toward Others
- How Do We Extinguish the Flames of Discontent – Learn to Be Content (vs. 11-12)
- Contentment Defined (Jeremiah Borough; Psalm 62:1-8)

Three Steps to Learning to be Content - Stop, Drop & Roll (vs. 6-9)

1) Stop – “Be Anxious for Nothing” (v. 6a)

- Lacking the Peace of God – contrasted against the last part verse 6
- A Sure Sign of Unbelief (Matthew 6:25-34)
- Stop Running around being anxious for anything

2) Drop – Pray in Humility with Thanksgiving (v. 6b-7)

- King David (Psalm 69:13; 34:15, 17-18)
- Thanksgiving an Essential Part of Prayer (Psalm 95:2; 100:4)
- The Promise – **“the Peace of God that Passes all Understanding”** (v. 7)

3) Roll – Meditate on Eight “Things” (vs. 8-9)

- Whatever is true, Noble, Just, Pure, Lovely, of Good Report; Any Virtue and Anything Praiseworthy

Conclusion/Application

- When you see that you are expressing a spirit of discontent and Anxiousness, remember to **Stop, Drop and Roll**
- If you continue by faith to practice these steps then you will begin to learn to be Content in the Lord and by the grace of God the **“peace of God will be with you”** guarding your heart and mind, so that you will be able to say, **“I can do all things through Christ who strengthens me”** (v. 9, 13)