

## LEARN TO BE CONTENT

Scriptures: [Philippians 4:10-13](#)

In these verses we have the thankful and grateful acknowledgement the apostle makes of the kindness of the Philippians in sending him support, now that he was a prisoner at Rome. Paul had a grateful spirit; for, what his friends did for him was nothing in comparison of what he deserved from them. If each of them had contributed half their own souls; and yet, how kindly does he take it, how thankful he mention it. ***Paul shows us how to receive a gift, something that some of us don't know how to do.*** He rejoices for the gift because of what it will do for the giver.

For I have learned, in whatsoever state I am, therewith to be content. Paul's learning was not that which he got at the feet of Gamaliel, but that which he got at the feet of Christ. Paul is saying that he had learned by the teaching of the Holy Spirit and by divine providence to be content in whatsoever state he finds himself (see [Hebrews 5:8](#)).

### ***Definitions:***

- Content – sufficient for one's self, strong enough to need no aid or support. Paul did not claim his self-sufficiency originated from himself, his own wisdom or power. But because of his trust in the dependency on the Lord.
- Abased – to make low, to reduce to meaner circumstances. To be abased so as not to be overcome by temptation either to lose our comfort in God or distrust his providence, or take an indirect course for our own supply.
- Abound – to have in abundance. Paul, as a Christian, did not let poverty degrade him nor prosperity exalt him.

[Philippians 4:13](#) – I can do all things through Christ who strengthens me.

- This is not proof-text, as many try to make it: In other words, this is not a faith in faith statement; it is instead, a statement of faith in Christ that says in all circumstances of life Paul was convinced that he could bear fruit to the glory of God through the strength the Lord gave him.

### ***Note:***

1. We have need of strength from Christ, to enable us to perform not only those duties which are purely Christian, but even those which are the fruit of moral virtue.
2. We need His strength to teach us to be content in every condition.
3. We are required to be strong in the Lord and in the power of His might (read [Ephesians 6:10](#)).

***These verses of the book of [Philippians 4:10:13](#) lets us know that - If we pray as we ought to pray and think as we ought to think, the peace of God will guard us, and the God of peace will go with us. He provides the power that we need for life and service.***

Reach Your Potential – “Through Christ you can be what you ought to be ([Philippians 4:11](#)), do what you ought to do ([Philippians 4:13](#)), and have what you ought to have ([Philippians 4:19](#)), all to the glory of God.” *Charles W. Koller*