

# The Secret to Contentment

## Philippians 4:10-20

4:48am: The problem with getting everything is you run out of reasons to keep trying, and human interaction becomes impossible due to imbalance.

4:50am: Hanging out in ibiza with a bunch of friends and partying with famous people, able to do whatever I want, and I've never felt more isolated.

4:51am: In sweden, I will sit around and wait for my friends with jobs and families to have time to do [expletive] watching my reflection in the monitor.

4:52am: When we sold the company, the biggest effort went into making sure the employees got taken care of, and they all hate me now.

4:53am: Found a great girl, but she's afraid of me and my life style and went with a normal person instead.

4:59am: I would Musk and try to save the world, but that just exposes me to the same type of [expletive] that made me sell minecraft again.

—Markus Person of Minecraft

True contentment is being satisfied with who you are and with what you have.

TRUE CONTENTMENT IS A SECRET

## Philippians 4:11-12

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. (v.12)  
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.

The great lie of the [ocean-liner] cruise is that enough pleasure and enough pampering will quiet this discontented part of you. When in fact, all it does is up the requirement... I can remember being twenty-four years old and having my, you know, smiling mug in The New York Times Book Review, and it feeling really good for exactly like ten seconds.

And then you're hungry for more. So that, clearly, I mean if you're not stupid, you figure out that the real problem is the discontented self. That all this stuff that you think will work for a second, but then all it does is set up a hunger for more and better.

—David Foster Wallace

TRUE CONTENTMENT IS A SECRET THAT'S HARD TO  
LEARN BUT EASY TO LOSE



(v.11) I have learned the secret...(v.12) 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.

Life Lies include: a) I'll never have enough, b) I'll never be enough, c) I'll never do enough.

Ancient people tended to take on a Buddhist or Stoic approach to contentment by way of detachment—not loving anyone or hoping for anything too much.

Most modern people approach contentment through achievement.

Discontentment is the subtle decision not to trust God;  
and that's why it's so easy to lose.

TRUE CONTENTMENT CAN ONLY BE LEARNED BY  
TRUSTING IN A LOVE THAT'S TRUE

(v.18-19) I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. 19 And my God will meet all your needs according to the riches of his glory in Christ Jesus.

(v.12-13)...whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength.