



## “JOY in Discontentment” (Phil 4:10-13)

The Apostle Paul has learned to be content in all circumstances. Now it is our turn as Fully Devoted Followers of Jesus Christ to learn how to be content and experience JOY in Discontentment.

What is our Discontentment with?

- Earthly Pleasures. In the book Mere Christianity, CS Lewis wrote “If I find in myself a desire which no experience in this world can satisfy, the most probably explanation is that I was made for another world.” This fallen world is fundamentally dissatisfying. As Lewis explains, “Probably earthly pleasures were never meant to satisfy [Our desire], but only to arouse it, to suggest the real thing.” Psalm 16:11 You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.
- A Restless Desire: (or craving for something one does not have) Psalm 37:4 Delight yourself in the Lord and He will give you the desires of your heart. Psalm 73:25 Whom have I in Heaven but You? And there is nothing on Earth that I desire besides you.
- Heart Focus: Often our problem is our focus. Our heart is designed for worship. To know God, and Love God, and Work for God. However, in our sin, our hearts are prone to wander. When our heart is not set on Christ our heart falls back to worshipping self. Which leads to cravings, desires, frustrations. When we love and work for something apart from God we become preoccupied with the 10 P’s: People, Pleasure, Power, Play, Protection, Possessions, Peace, Popularity, Prestige and Physical health.

Our discontentment often can be boiled down to two questions:  
What am I wanting that I’m not getting? And What am I getting that I’m not wanting? Matthew 6:21

Contentment is Knowing Jesus:

- Vs 10 Rejoice Greatly in the Lord. Just as Paul did so can we if we focus on Jesus and be concerned for Christians and Non-Christians. Psalm 28:7
- Vs 11 Be Content whatever the circumstances. Remember you are a citizen of heaven. Most importantly, Jesus paid for your freedom so that you would be free from the bondage of sin. Phil 3:20; Matt5:16; John 8:36
- Vs 12 The secret to being content is Following Jesus. He is The Way, The Truth and The Life Jn 14:6
- Vs 13 I can do All Things through him who strengthens me. Romans 16:25

We can have Joy in Discontentment if we are Fully Devoted Followers of Jesus. At Desert Breeze we adhere to the 5 G Process which is Genuine, Growing, Giving, Going and Glorifying the Lord Jesus. A Growing Christian will overcome discontentment through a relationship with Jesus Christ.

Growing Notes:

1. What are you discontent with? Are you learning to be content in all circumstances? According to CS Lewis are earthly pleasures meant to satisfy our desires? Explain
2. Read Philippians 4:10-13. What stands out to you from this text? Do you have desires or cravings for something you do not have? How can the Lord help you to be content?
3. Our heart is designed for worship, to know and love God. What happens when our heart is not focused on the Lord? Explain. Apart from the Lord we can become preoccupied with the 10 P’s. Name 3 of the P’s.
4. Why is Paul rejoicing greatly? To be content it is important and essential to know that Jesus paid for my sins. How does this apply to contentment? What is the secret to contentment according to Paul? Do you believe you can do all things through Christ who strengthens you?
5. How as a Growing Christian will you have Joy in Discontentment? Pray

