

*I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 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. Philippians 4:11-12 (NIV)*

## Learning

**There is something that you need to learn.** What's that? **You need to learn to be content.** Why do I need to learn to be content? That should be an easy question for you to answer. Why is that? **Have you lived a life full of contentment?** No, I'm sure that I have not lived a life filled with contentment. **Then let's talk about that. Why have you not been content?** That's a good question. **Do you have any good answers?** I have answers, I'm sure that they are not good. **I'm listening.** Well, I have looked around a lot and compared myself with others. I have wanted what I didn't have. I wanted to be who I was not. **So, comparing yourself with others has left you unhappy, unsatisfied and wanting more out of life and more out of yourself.** That's right. **That may be true, but it isn't right.** What do you mean by that? **Have you ever been satisfied when you have compared yourself with others?** No, I have not. **Have you ever been satisfied when you have chased after and finally acquired what you wanted to have or to be?** Not really. **Hasn't there always been some new thing to want or to be when you have continued to compare yourself with others?** That's true. **How much do you need to acquire? How much will you need to accomplish to feel good about who you are and what you have done? What would make you content? What will help get you off this treadmill of always chasing after more. When will you learn to rest and be content with what you have and who you are?** I don't know. I don't have any answers to your questions.

I would like to be content. How can I learn to be content? **Are you asking me for my help?** Yes, I am asking you to teach me how to be content. I want to be able to rest. I want out of the life of always chasing after more. **That's very good. That's a good starting point. I want you to think about something.** What's that? **Imagine that your life on this earth is now over and you and I are looking back over your life. What will you have wanted your life to accomplish? What would you like to tell me about yourself based on how you lived your life? What will you be content with regarding what you did and who you became?** Those are good questions. **Yes, and now is a good time to answer them.** I would be content with knowing you and being known by you. I would be content with telling you that I spent my life knowing and doing your will. I would be content with living the life that you called me to live. I would be content if day by day I allowed you to mold and shape my life. I would be content if I became the person you called me to be. I would be content if I bore fruit for your kingdom and brought glory to your name. **Is there anything that compares with these desires?** No, I would want or need nothing more if all these things were true of the life I lived with and for you. **You would be content with the fulfillment of these desires?** Yes, I would be content. **Pursue me and the life I have for you. Then you will learn to be content and your desires will be fulfilled.**

*Lord, I have lived a life filled with discontent. I have had a desire for more that has caused me to chase after things that would not satisfy. Help me to learn to be content with what I have received. Help me to be fully content with knowing and doing your will. Amen*

**Be** *Content*  
I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 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.  
NIV Philippians 4:11-12

**Be** *Content*  
Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.  
NLT Philippians 4:11-12

**Be** *Content*  
Not that I am referring to being in need; for I have learned to be content with whatever I have. I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need.  
NRSV Philippians 4:11-12

**Be** *Content*  
Not that I am implying that I was in any personal want, for I have learned how to be content (satisfied to the point where I am not disturbed or disquieted) in whatever state I am. I know how to be abased *and* live humbly in straitened circumstances, and I know also how to enjoy plenty *and* live in abundance. I have learned in any and all circumstances the secret of facing every situation, whether well-fed or going hungry, having a sufficiency *and* enough to spare or going without *and* being in want.  
AMP Philippians 4:11-12

**Be** *Get Along*  
Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need.  
NASB Philippians 4:11-12

**Be** *Content*  
Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.  
ESV Philippians 4:11-12

**Be** *Content*  
Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.  
NKJV Philippians 4:11-12

**Be** *Be Quite Content*  
Actually, I don't have a sense of needing anything personally. I've learned by now to be quite content whatever my circumstances. I'm just as happy with little as with much, with much as with little. I've found the recipe for being happy whether full or hungry, hands full or hands empty.  
MSG Philippians 4:11-12

**Be** *Get Along*  
Not that I was ever in need, for I have learned how to get along happily whether I have much or little. I know how to live on almost nothing or with everything. I have learned the secret of contentment in every situation, whether it be a full stomach or hunger, plenty or want;  
TLB Philippians 4:11-12

**Be** *Satisfied*  
I am not telling you this because I need anything. I have learned to be satisfied with the things I have and with everything that happens. I know how to live when I am poor, and I know how to live when I have plenty. I have learned the secret of being happy at any time in everything that happens, when I have enough to eat and when I go hungry, when I have more than I need and when I do not have enough.  
NCV Philippians 4:11-12

# Be Content

Year \_\_\_\_ Week \_\_\_\_ Day \_\_\_\_ Date \_\_\_\_

**Be** – Philippians 4:11-12

**In Context:** *Read Philippians 4*

**Begin With Prayer:**

***Here I am Lord. I Am Listening.***

**Meditating On God's Word:** ***(What is God speaking to your heart?)***

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 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. Philippians 4:11-12 (NIV)

**Considering The Words:** ***(What words speak to your heart?)***

I am | not saying this | because | I am | in need, | for | I have learned | to be | content | whatever | the circumstances. | 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. Philippians 4:11-12 (NIV)

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**Praying The Scripture:** ***(What prayer from your heart will you write?)***

Lord, I have lived a life filled with discontent. I have had a desire for more that has caused me to chase after things that would not satisfy. Help me to learn to be content with what I have received. Help me to be fully content with knowing and doing your will. Amen

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**What It Means:** ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

What has caused discontentment to grow within you?

Why will continually comparing yourself to others cause you to be discontent in life?

**How has your life suffered under a continual desire for something more?**

Why does contentment not need to depend on how much you have received in life?

**Why will the acquisition of material things never be the source of your contentment in life?**

How have you learned to be content with what you have received from the Lord?

**What would cause you to be content with the life that you are living?**

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**Living It Out:** ***(What action step is God guiding your heart to take?)***

Allow yourself to learn to be content with what the Lord has given to you.

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**Seeing It Happen:** ***(What are you trusting God for in your heart?)***

Have faith that the Lord will help you to learn to be content with what he has given to you.

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**Get Ready To Share:** ***(What can you share with others from your heart?)***

Share with another person or your small group how you have learned to be content with what the Lord has given you.

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**Close With Prayer:**

***Quiet Yourself Before The Lord***

*Pause And Offer Prayers Of...*

*With An Attitude Of Faith Listen To What The Lord Wants To Say To You*

Adoration...

Thanksgiving...

Confession...

Intercession...

Petition...

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

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What Prayers Are You Praying Today?

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Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you learn to be content with what the Lord has given to you.

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Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, I will learn to be content with what you have given to me.

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What Do You Want To Remember About Today?

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A Question To Ask God

(What Would You Like To Ask God?)

Lord, how can I learn to be content with what you have given me today?

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