

RE-VIEW

Weekly Devotionals

"CONTENTMENT IN CHRIST"

Philippians 4:10-13

Situation

We all know what it feels like to want something different from what we have. Sometimes the pressure comes from lack, sometimes from uncertainty, and sometimes from simply comparing our lives to someone else's. Paul speaks directly into that kind of struggle in Philippians 4.

This passage comes at the end of a letter written by a man who knew hardship, need, and limitation. Yet Paul is not bitter, resentful, or defeated. Instead, he talks about contentment, strength, and the secret of living well in every season. That makes this passage deeply practical for everyday Christian life.

Scripture

ReVisit - **Philippians 4:10-13 (NLT)**:

"How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me.

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.

For I can do everything through Christ, who gives me strength."

Supporting Scriptures to look up on your own:

- **Philippians 4:19**
- **2 Corinthians 12:9-10**
- **Matthew 6:31-34**
- **Hebrews 13:5**
- **Psalms 23:1**
- **1 Timothy 6:6-10**
- **Colossians 3:1-3**

Truth

The main truth is this: **contentment is not found in having more, but in having Christ.** Paul says he learned to be content, which means contentment is not automatic. It is something believers grow into as they walk with God.

Paul does not say life is always easy or that need does not hurt. He says he has learned how to live in both lack and abundance. In other words, contentment is not based on circumstances staying favorable. It is based on Christ remaining faithful.

That is why Philippians 4:13 is not a promise that believers can do anything they imagine. It is a promise that Christ gives strength for whatever he calls us to endure, accept, or accomplish. The strength comes from him, not from self-confidence.

Application

This passage teaches us to stop measuring life only by what we have or do not have. Need can tempt us to fear, and abundance can tempt us to trust ourselves. Paul teaches us that both seasons require the same answer: Christ.

We learn contentment by remembering that God is present in every season. When life is lean, he is enough. When life is full, he is still the source. Contentment grows when we stop chasing satisfaction in possessions, comfort, or control.

This also calls us to a deeper trust in God's strength. If Christ gives strength, then we do not have to pretend we are enough on

our own. We can face hard days, uncertain days, and ordinary days with quiet confidence because he will supply what we need.

A content heart is a free heart. It is not ruled by envy, greed, or panic. It learns to say, "**Christ is enough for me,**" and then lives like that is true.

Prayer

Father, thank you for teaching us through Paul that contentment can be learned. We confess that we often look for peace in circumstances instead of in Christ. Forgive us for wanting more while overlooking your presence and provision.

Teach us to be content in every season. When we have little, keep us from fear. When we have much, keep us from pride. Help us trust that your grace is sufficient and that your strength is made perfect in weakness.

Lord Jesus, be enough for us. Give us the strength to live faithfully, gratefully, and peacefully in whatever season you place us. We trust you to supply what we need, and we thank you that your presence is our greatest treasure.

In Jesus' name,

-Amen