



22nd June 2025

***I have learned the secret  
of being content***

Philippians 4:10-23

Readings: *Philippians 4:10-23*

*Proverbs 19:23*

*Psalm 131:2*

.....  
*If I had \_\_\_\_\_, I would be truly content!*

***What the SECRET is...***

*"that sweet, inward, quiet, gracious frame of spirit, which freely submits to and delights in God's wise and fatherly disposal in every condition."*

*Jeremiah Burrows: The Rare Jewel of Christian Contentment*

*The SECRET is the power of the future CONTENTMENT, JOY AND PEACE that Jesus purchased for us by His blood, living in the Christian here and now!*

***How we LEARN this secret...***

*Not from a book, a lecture, a powerpoint presentation, nor a sermon*

***BUT***

- *Through Him who gives me strength*      *Philippians 4:13*
- *Embracing the fear of the LORD*      *Proverbs 19:23*
- *Learning how to be like a weaned child*      *Psalm 131:2*

**AND**

- *Walking with Jesus through the furnace of afflictions*

*"through all the changing scenes of life, in trouble and in joy, the praises of my God shall still my heart and tongue employ!"*

***A hymn worth learning:***

[\*I Asked the Lord that I Might Grow · T4G Live II \[Official Lyric Video\]\*](#)

***How it RADICALLY transforms us...***

- *It deepens our suffering and sharing in the gospel 4:10-16*
- *It transforms our fellowship into true God-pleasing worship 4:17-18*
- *It reinforces our confidence in God for His glory and our joy 4:19-20*

***Another hymn worth learning:***

[\*Immortal Honours | Songs and Everlasting Joy\*](#)

**Questions For Our Growth Groups**

1. What most stood out to you and why from this message?
2. What would you say are the differences between what the world offers us for our contentment, and what Jesus teaches us is true contentment?
3. Do you recognise any of the effects of discontentment in your life, and why might that be?
4. In your own words, how would you describe THE SECRET of contentment?
5. What experiences is the Lord helping you to LEARN this secret?
6. How should we be praying for each other in the light of Jesus' message to us?