

**“Possessing True JOY”**  
**Philippians: A Book Study (19)**  
**“The Most Visible Sign of JOY”**

**Text: 4:10ff**

While there is no option in growing older, there is with whether we will grow up. The most visible sign of a JOY-full spirit as a Christ-follower is a mature outlook on life best seen through CONTENTMENT. In this closing section of Philippians, a letter saturated by elements which produce real heartfelt JOY to those who are Christ-centered, Paul offers five principles of contentment.

**A Contented Person is....**

1. **CONFIDENT** \_\_\_\_\_ – v.10  
*<sup>10</sup>I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity.*

A WORD OF CHALLENGE:

**A Contented Person is...**

2. **SATISFIED** \_\_\_\_\_ – v.11  
*<sup>11</sup>Not that I am speaking of being in need, for I have learned in whatever situation I am to be content.*

Paul knew that the chief end of man was to glorify God and enjoy Him forever. And, because of that, he was satisfied with whatever God graciously gave him.

**A Contented Person is....**

3. **INDEPENDENT** \_\_\_\_\_ – v.12  
*<sup>12</sup>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.*

**Illus.** – “The trouble with him is that he’s a thermometer and not a thermostat!”.....

A WORD OF CHALLENGE:

**A Contented Person is....**

4. **STRENGTHENED BY** \_\_\_\_\_ – v.13  
*<sup>13</sup>I can do all things through him who strengthens me.*

A WORD OF CHALLENGE:

**A Contented Person is....**

5. **PREOCCUPIED WITH** \_\_\_\_\_ – v.14-20

A WORD OF CHALLENGE: