

# *Mt. Lebanon Church*

Adult Sunday School Lesson

12.17.2023

Please look up and read all verses in their entirety. I have only written partial verses.

Make your own notes, write down other scriptures that you run across while studying, write down questions that you may have or comments as well. Below please find my sharable thoughts, so please allow the Holy Spirit to reveal to you that he would have you to see through the study of God's word to share.

Learning Contentment

## Philippians 4: 4 – 18

Contentment in our life is a learned trait, but only if we do the work, through the help of God. The need to be content is fitting when maintaining and walking with a peace of mind in Christ Jesus. In this life that we live, there will always be a constant desire to want something that we do not need. These desires in our life that we pursue come from the things that we see or hear, things that create a longing in our heart. Now, pursuing these things in our life does not necessarily mean that it is sinful, for there are those things that are of a necessity in our life, which if we allow, will become a stumbling block in our spiritual life, when we base our need for contentment on attaining our earthly desires. For this reason, everywhere that we go, we will see people who are not satisfied with their present situation. Therefore, we are discontented, believing that we truly would be satisfied if our present situation was something different, or something better. As believers, spiritual discontentment, will hinder our belief in the goodness of God's character, and in his purpose and plan for our life.

**1 Timothy 6: 5 – 7,....**perverse disputing's of men of corrupt minds, and destitute of the truth, supposing that gain is godliness, from such withdraw thyself....but godliness with contentment is great gain....for we brought nothing into this world, and it is certain we can carry nothing out....

First and foremost, as Christians, we should not portray our relationship in Christ, as a means to achieve our worldly hopes and dreams. We must learn to focus our efforts on pursuing godliness in our conduct, in our attitude, and in our thoughts. We must choose to be content in whatever circumstance God has allowed us to be in. One thing that we must remember is that it is impossible to be content when our hearts are set on gaining more and more worldliness. Our relationship in God will suffer if we are not content in those things which he has given unto us. Therefore, let us put our hope in God, who provides us with all that we need for our spiritual fulfillment.

**Philippians 4: 4 – 7,....**rejoice in the Lord always, and again I say rejoice....let your moderation be known unto all men....the Lord is at hand....in everything....by prayer....with thanksgiving let your request be made known to God....and the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus....

We should not be believers who are only happy when circumstances in our life seem to be going well. When this happens, as these circumstances in our life become difficult, our joy and happiness soon turn to sorrow. Our joy is to be found in Christ as our commitment to him begins to grow. Therefore, joy cannot truly be found in the things that we achieve by our own efforts, for these are only temporary and will eventually bring disappointment in our life. Remember, difficult circumstances in our life will only rob us of our spiritual joy and godly peace of mind, when we allow it to consume us with worry and anxiety. Therefore, we must pray about everything so that we might avoid anxious thoughts that confuse our hearts and minds, and these confusing thoughts will not allow us to see any way to overcome situations and circumstances in our life.

**Philippians 4: 8 – 13,....**finally, brethren, whatsoever things are true, honest....just....pure....lovely....good report....if there be any virtue....any praise....think on those things....those things, which ye....learned....received....heard....do....I rejoiced....your care....flourished....but ye lacked opportunity....I have learned, in whatsoever state I am, therewith to be content....everywhere in all things I am instructed....I can do all things through Christ which strengtheneth me....

Understanding Gods purpose for our life will give unto us the wisdom to overcome doubt, and will help us to defeat: despair, anxiety, and worry in our life, only through godly wisdom can we have godly peace of mind. Maintaining a godly peace of mind is very challenging while living our life in Christ here on earth. The word of God challenges us to examine our minds through Christ, elevate our minds in Christ, and exercise our minds with Christ. This is the key to living in a spiritual state of mind. As Christians, we need to focus our attention on what God regards as righteous in his sight. This will allow us to be content in whatever state of mind that God places us in, for our contentment comes from our dependence upon God.

**Psalm 139: 23 – 24,....**search me, O God, and know my heart, try me, and know my thoughts, and see if there be any wicked way in me, and lead me in the way everlasting....

God knows every aspect of our life, every thought of our heart, and every longing that we have within, and he reminds us that it was he who made us and not we ourselves.

**Psalm 100: 3,....**know ye that the Lord he is God, it is he that hath made us, and not we ourselves....

The more that we mature in our life in Christ, the greater the awareness becomes that he is our ever-present help in time of trouble.

**Psalm 46: 1,....**God is our refuge and strength, a very present help in trouble....

Like David, we should pray for God to search our heart so that the depth of our love for him might be proven. As we come to a greater knowledge and understanding of God and his word, we will gain a deeper awareness and appreciation for the glorious attributes and characteristics of a sovereign God, for he alone is the source of grace and truth, mercy and love, peace and hope, which is salvation for our soul, and life eternal with him.

**Jeremiah 17: 7 – 10,....**blessed is the man that trusteth in the Lord, and whose hope the Lord is....he shall be a tree planted by the waters....and shall not cease from yielding fruit....the heart is deceitful above all things....who can know it....I the Lord search the heart....to give every man according to his ways....

Learning contentment means allowing God to help us in recognizing the offences in our life which we should confess to him, so that he may show unto the burdens that we need to hand over to him. Anxiety, or anxious thoughts are those thoughts that cause us to be troubled, and focusing on those thoughts will cause us to become entangled in the cares of the world.

**Psalm 55: 22,....**cast thy burden upon the Lord, and he shall sustain thee, he shall never suffer the righteous to be moved....

It is human nature to resist dealing with the things in our life that we know are not pleasing unto God, because God wants us to see our sin as he sees it, so that we might confess, and be forgiven, and be cleansed from all unrighteousness.

**Philippians 4: 14 – 18**,....ye have well done....ye did communicate with my affliction....ye sent....unto my necessity....I desire fruit that may abound to your account....I have all, and abound....I am full....well pleasing unto God....

As believers, we know that we can always find strength in God, we do not have to face the challenges of situations and circumstances in our life, being alone. We should not depend upon our own personal wisdom or the wisdom of others, but on the Lord, for he is the only one that can give us the strength to face circumstances in our life with confidence and contentment. It is human nature to focus on our surroundings, and then react with worldly emotions, we need to learn to focus upon the Lord instead of our circumstances. The key to contentment in any circumstance is knowing that God is not only completely in control of our lives, but he is in complete control of all things.

**2 Corinthians 12: 10**,....therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distress for Christ sake, for when I am weak, than I am strong....

Let us Pray.

If anyone has any questions, comments or would just like to discuss any of the scriptures, feel free to call, text or email me. Keep praying for each other and all the God lays upon your heart. Hope to see everyone soon. God Bless.

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