

## Philippians 4:12-13

“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. I can do all of this through Christ who gives me strength.”

# Five “Contentment Killers”

1. **Comparing** (& competition) - Phil. 1:15-18
2. **Complaining** - Phil. 2:14, 4:6-7
3. **Contorting** - Phil. 3:18-20
4. **Complacency** (& perfectionism) - Phil. 3:12-14
5. **Conceit** (i.e., entitlement) - Phil. 2:3-6

# 1. Comparing (& competition) - Phil. 1:15-18

**Philippians 1:15-18:** “It is true that some preach Christ out of envy and rivalry, but others out of goodwill. The latter do so out of love, knowing that I am put here for the defense of the gospel. The former preach Christ out of selfish ambition, not sincerely, but supposing that they can stir up trouble for me while I am in chains. But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice.”

# 1. Comparing (& competition) - Phil. 1:15-18

The most crippling area for us when it comes to comparison is the area of our lives that we depend on the most to give us self-worth.

# 1. Comparing (& competition) - Phil. 1:15-18

## Is comparison killing your contentment?

1. What is the area of your life in which you are most tempted to think, “If only I had this, then I would feel ‘good enough’— or, then, I would be satisfied?”

# 1. Comparing (& competition) - Phil. 1:15-18

## Is comparison killing your contentment?

1. What is the area of your life in which you are most tempted to think, “If only I had this, then I would feel ‘good enough’— or, then, I would be satisfied?”
2. What would be your most immediate reaction if your best friend suddenly got the exact thing that you thought would satisfy YOU?

# 1. Comparing (& competition) - Phil. 1:15-18

Comparison turns our closest friends into  
*competition* instead of *companions*.

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Phil. 1:15-18: “It is true that some preach Christ out of envy and rivalry...” (i.e., comparison & competition)  
... “But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this, I rejoice!”



## 2. Complaining - Phil. 2:14, 4:6-7

**Philippians 2:14:** “Do everything without grumbling or complaining...”

**Philippians 4:6-7:** “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

## 2. Complaining - Phil. 2:14, 4:6-7

Complaining: “Discontentment expressed”

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Complaining: “Discontentment expressed”

Behind all of our complaining is a cry for validation  
(usually either for our *behavior* or our *pain*).

### 3. Contorting - Phil. 3:18-20

Contorting is when you put pressure onto any object, to try to make that object be something that it wasn't designed to be, or do something it wasn't designed to do.

### 3. Contorting - Phil. 3:18-20

**Philippians 3:18-20:** “Many live as enemies of the cross of Christ. Their destiny is destruction, *their god is their stomach*, and their glory is in their shame. Their mind is set on *earthly* things. But our citizenship is in *heaven* — and we eagerly await a Savior *from there*: the Lord Jesus Christ...”

### 3. Contorting - Phil. 3:18-20

Am I putting pressure onto something *in this world* to save me (i.e., to do something it wasn't designed to do, or to be something it wasn't designed to be)?

Have I made a god out of my health, my family, my career, my ministry, a certain person, or a certain dream?

## 4. Complacency (& perfectionism) - Phil. 3:12-14

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### Complacency vs. Contentment

Complacency is stagnancy without fulfillment.

Contentment is fulfillment without stagnancy.



## 4. Complacency (& perfectionism) - Phil. 3:12-14

### Complacency vs. Perfectionism

Complacency whispers to the Christian, “You’re good enough — so why even try?”

Perfectionism whispers to the Christian, “You’ll never be good enough — so why even try?”

## 4. Complacency (& perfectionism) - Phil. 3:12-14

**Philippians 3:12-14:** "[Not] that I have already reached perfection, but *I press on to possess that perfection for which Christ Jesus first possessed me*. No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, *I press on...*" (NLT)

## 5. Conceit (i.e., entitlement) - Phil. 2:3-6

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Contentment says, “I have more than I deserve.”

Entitlement says, “I deserve more than I have.”

## 5. Conceit (i.e., entitlement) - Phil. 2:3-6

“Do nothing out of selfish ambition or vain conceit. Rather, in humility, value others above yourselves... Have the same mindset as Christ Jesus: who, being in very nature God, did not consider equality with God something to be used to his own advantage—rather, he made himself nothing... [and] humbled himself by becoming obedient to death, even death on a cross!”

Am I Comparing?

Am I Complaining?

Am I Contorting?

Am I living with Complacency (or Perfectionism)?

Am I living with Conceit (or Entitlement)?

Q: How can we combat these five killers of contentment?

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A: Thank God daily for...

- What He has done for us in Christ.
- What He is doing through us by the Spirit.
- What He promises to do with us for all eternity.



