



# *A Pandemic of Discontent*

Philippians 4:8-23

Rejoice!

Gladness

JOY

Unity

Thinking

Contentment

# Content:

Defined in a  
Christian context as:

“Inward, quiet spirit  
that joyfully submits  
to God’s  
providence and  
control”



# Discontent:

Defined as the  
opposite of  
content:

“An outward, vocal  
spirit that unhappily  
rejects God’s  
providence and  
control”



# 51%

Percentage of people in 27 different democracies around the world who self-report that they are “discontent” with their lives and their governments

-Pew Research Group, April 2019

Are you discontent?

Rate yourself:

*“I’m unforgiving and bitter about my past”:*

Low

1---2---3---4---5

High

*“I grumble and complain about the present”:*

Low

1---2---3---4---5

High

*“I am anxious and worry about the future”:*

Low

1---2---3---4---5

High

# Calculate your “discontent” score:

6 points or less:

**“Low discontent”** - You have a good grasp on being content! You generally trust God’s plans. Praise the Lord!

7-11 points:

**“Medium discontent”** - You might be struggling to balance your perspective, letting life get you down at times. You’re in the right place working to “learn contentment”

12 points or more:

**“High discontent”** - You are frustrated and unsettled. Life seems extremely difficult and nothing is going your way!

We can “learn” to be content?



**Philippians 4:11-12** “Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. 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.” -ESV

## Step #1: Learn to see the positives! Phil 4:8-9

- It's so much easier to see the negatives. To see what is wrong, rather than what's right.
- Daily challenge: Find the good in situations, seeking to identify the positives in what you are facing. How might that change you, and the day?
- Especially in conflict, we have a choice.
  - Will you throw water on the fire, or gasoline?

## Step #2: Learn to give sacrificially! Phil 4:14-16

- Philippians were some of the first “supporters” of the missionary, Paul.
- Paul understands what God can do for those that give beyond themselves. He supplies all their needs! What more could you ask for?
- Daily challenge: Are you giving to a cause beyond yourself? Are you joining God in His great plan?

## Step #3: Learn the secret... Phil 4:13

- One of the most misquoted, and misunderstood passages of scripture.
- Paul states the secret--- did you catch it?
  - It's Jesus! He gives strength to do all things!
- Daily challenge: Ask yourself: Is God using my past, present and future to mold me into what HE wants me to be (position), and equipping me to do what He wants me to do (purpose)?

Our enemy, Satan, has not changed his playbook.

Do you know why? Because it's working!

If you are feeling discontent today,  
develop these three habits:

- Look for the positives.
- Give sacrificially to something you know God is working in.
- Remember the “secret”, Jesus Christ in you, the HOPE of GLORY!

There is another pandemic raging in the world.

The cure is a daily vaccination.