03-08-2026

Learning Contentment: Discovering the Secret of Contentment
Jon Rychener

Northwoods.Church/NowIsTheTime

Four "More" Realities That Wanting More Brings to Our Lives

Reality #1: More Fatigue

Reality #2: More Expenses

Reality #3: More Anxiety

Reality #4: More Relational Conflict

Philippians 4:11-12 (NIV): …I have learned to be content whatever the circumstances. 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.

Contentment is: Choosing to appreciate and enjoy what I have now, instead of believing that the next thing will bring lasting happiness and fulfillment.

Three Truths About Contentment

Truth #1: Contentment Is Learned

Philippians 4:11-12 (NIV): …I have learned to be content whatever the circumstances. 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.

How Can We Learn Contentment?

Answer: Refuse to Play the Comparison Game

Truth #2: Contentment Is a Secret

Philippians 4:11-12 (NIV): …I have learned to be content whatever the circumstances. 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.

Philippians 4:13 (NIV): I can do all this through him who gives me strength.

How Can We Live Out Contentment?

Answer. Replace "When - Then" Thinking with "Even - If" Thinking

Truth #3: Contentment Works Everywhere in Everything

Philippians 4:11-12 (NIV): …I have learned to be content whatever the circumstances. 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.