

# destroy discontent

There is this toxic reality called AFFLUENZA (affluence + influenza) affecting us. It describes our “modern-day plague of materialism”. We are overwhelmed with the many things around us, and we also have that overwhelming desire to get a lot of these things. This results to discontent, which is the lack of satisfaction with one’s possessions, status, or situation. Once we see these symptoms, we need to hit them hard — DESTROY DISCONTENT! The Apostle Paul tells us how to do this in Philippians 4:11-13.

## be aware (philippians 4:11)

Paul said that he has “*learned to be content*”. This means that being content is not automatic. It is something that we need to intentionally learn and work on. From the very beginning, God created a beautiful scenario for Adam and Eve (Genesis 2:16-17,25). It was a perfect picture of contentment. They had everything and had fellowship with God until discontent was planted by Satan in their hearts and they fell into sin. Sin drives our discontent which leads to serious disaster. What are you discontented about? What’s driving your feelings of discontentment?

## overhaul your perspective (philippians 4:11)

Paul goes on to say that he is “*content in whatever circumstances*”. 2 Corinthians 1:8-9 and 2 Corinthians 11:23-28 narrate the various difficult and life-threatening situations he experienced. But he framed his circumstances saying that God will not let us down (Romans 5:3-5) and that God will continue to come through for us (2 Corinthians 1:9-10). All the things that he had gone through are for good (Romans 8:28). We can be content whatever our circumstance is, but to do this we must redirect and reframe our perspective. Paul even said to rejoice and give thanks in all circumstances (1 Thessalonians 5:16-18). What circumstances do I need to reframe or be grateful for?

### this week's memory verse

If you continue in My word, then you are truly disciples of Mine; and you will know the truth, and the truth will make you free.”

JOHN 8:31-32



## overcome through Christ (philippians 4:12-13)

Paul says that the secret to contentment is Christ-sufficiency. Christ gives us the strength to destroy discontent. We can find true and lasting contentment through Christ who strengthens us (Philippians 4:13). He will never leave us despite our circumstances and discontent (Hebrews 13:5-6). He is all we need (Philippians 3:8), and this is echoed in Psalm 16:11. *“When Jesus is our sole satisfaction, we will have true satisfaction in our soul.”* Are we fully content in Jesus?

## make it holy (philippians 4:13)

Contentment is doing. It is not complacency. It is action. What should we “do”? Pursue a “holy discontent” — make our discontent holy. Paul tells Timothy that God doesn’t want anyone to perish but instead to be saved (1 Timothy 2:3-4), which is further reinforced in 2 Peter 3:9. God wants everybody to come to a saving knowledge of Him. This is what we should be doing: sharing the good news of the saving power of Jesus to the others (Philippians 1:12, 1 Corinthians 9:19,23). God also wants us to continue to reach out to others and show His love (Isaiah 58:10-11). How can we better pursue this “holy discontent”? What drastic things do we need to do?

Destroy the toxic reality of discontent through Christ!

### discussion questions

What are my discontents right now and what’s driving them?

What circumstances do I need to reframe or be grateful for?

Are we fully content in Jesus? Or do we have a Jesus+?

How can we better pursue this “holy discontent”? What drastic things do we need to do?

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