

Cornerstone
CHURCH

Content & Thankful Like Jesus

Learning to Live with a Heart of Gratitude, Trust, and Satisfaction in Jesus

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November 15, 2026

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. 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. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for 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. I can do all this through him who gives me strength.

Philippians 4:4-13 NIV

What Does It Mean to Be Content and Thankful Like Jesus?

> "Discontentment begins when we stop trusting God and His goodness."

Contentment Begins When We Rejoice in Jesus

> Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near.
> Philippians 4:4-5 NIV

Our Joy Must Be Rooted in Who God Is, Not What Is Happening Around Us

We can rejoice and be content because Jesus is near

- He is near in our victories
- He is near in our struggles
- He is near in our disappointments

We don't always get to choose what happens to us, but we can choose where we place our confidence and trust.

> "The very first temptation in the history of mankind was the temptation to be discontent... that is exactly what discontentment is—a questioning of the goodness of God."
>
> Jerry Bridges

Contentment Grows When We Replace Worry with Thankful Prayer

> 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.
> Philippians 4:6-7 NIV

Don't Allow Worry to Control Your Life

- Worry focuses on what might happen, but faith focuses on who God is.
- Worry magnifies the problem, but prayer magnifies the presence of God.
- Worry takes our attention away from God's faithfulness, but thanksgiving reminds us that He is always faithful.

Thanksgiving Brings Contentment

> Give thanks in all circumstances; this is God's will for you in Christ Jesus.
> 1 Thessalonians 5:18 NIV

Contentment Requires Guarding Our Minds

> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.
> Philippians 4:7-8 NIV

- We can develop a mindset of gratitude or a mindset of dissatisfaction.
- We can focus on what we have or what we don't have.
- We can celebrate God's goodness or continually compare ourselves with others.
- We can recognize God's blessings or become consumed by what we believe we deserve.

Comparison Is an Enemy of Contentment

Contentment Will Require Us to Celebrate God’s Goodness in the Lives of Others

> Rejoice with those who rejoice; mourn with those who mourn.
> Romans 12:15 NIV

...love does not envy...
1 Corinthians 13:4 ESV

Contentment Is a Learned Virtue

I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for 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 4:10-12 NIV

Contentment Means We Still Have Dreams, Desires, and Goals

Contentment Means Trusting God with Everything

God has the right to use us where He wants, when He wants, and how He wants.
We may not understand our assignment or circumstances, but we can trust the One who has called us.

True Contentment is Only Found in Jesus!

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

But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.
1 Timothy 6:6-10 NIV

Godliness with Contentment Is Great Gain

We must learn to value what is eternal far more than what is temporary.

How Do We Cultivate a Heart of Contentment and Thanksgiving?

1. Begin every day with gratitude.
2. Begin by thanking God for everything He has already done.
3. Shift your attention from what you lack to what you have in Jesus Christ.
4. Replace comparison with celebration.
5. Learn to rejoice when God blesses others.
6. Replace worry with prayer and thanksgiving. Bring every concern to God with a thankful heart.
7. Remember that Jesus is enough in every season. Christ gives us strength to live faithfully in every circumstance. “I can do all things through Christ who gives me strength”.

Learning to Say Thank You in Every Season

- Do we still trust God?
- Do we still celebrate what He is doing in the lives of others?
- Do we still say, “Jesus, You are enough”?