

wSpiritual Depression: Its Causes and Cure by Dr. Martin Lloyd-Jones
Chapter 20: Learning to be Content
Philippians 4:10-12

Php 4:10-12 NKJV But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity. (11) Not that I speak in regard to need, for I have learned in whatever state I am, to be content: (12) I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.

Review of last week's lesson entitled "The Peace of God"

We have **peace with God** through the justification that is provided by faith in Jesus Christ, but we can lack the **peace of God** through the "tyranny of circumstances" that we allow to dash our joy of the Lord. Since we cannot by ourselves overcome worry, we need the peace of God to keep our hearts and minds. In order to find the peace of God we must begin with prayerful worship of the Lord before we bring our supplications to Him. We must remember who He is and make our requests with thanksgiving, not holding grudges against Him or doubting His goodness. In mercy, He keeps our hearts and minds in a peace that is beyond comprehension so that a watching world is made to see His glory. During this process we must be warned not to use worldly measures of repression of worry or phrases like, "do not worry, it may not happen." We trust the Lord to help us keep our hearts and minds through the peace which comes only from God and not through man-made measures.

Chapter 20: Learning to be Content

1. What dilemma did Paul face in seeking to thank the Philippians for the gift that they had sent Him?

2. Paul had learned to be content in any situation in which he found himself. According to Lloyd-Jones, what does the word "content" mean in verse 11?

3. State four example passages in the New Testament which either show or command such contentment.
 - 1)
 - 2)
 - 3)
 - 4)

4. Karl Marx said that religion is the "opiate of the people." Some have defined contentment improperly and so enforced Marx's claim. Name two ways that Lloyd-Jones defends Biblical contentment against this claim.
 - 1) Contentment is not saying the _____.
 - 2) Biblical contentment is not _____.

5. Paul amplifies his statement concerning contentment by saying in v. 12, “I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.” What specifically does the Christian have to learn in each of these situations to become “self-sufficient?”

6. How does Christian “self-sufficiency” differ from worldly self-sufficiency?

7. What are some of the ways that we seek contentment outside of the realm which Paul is speaking?

8. Dr. Lloyd-Jones quotes Professor Whitehead as saying, “Religion is what a man does with his own solitude.” How does solitude reveal a person’s level of contentment?

9. What is Lloyd-Jones’ first suggestion as to how Paul attained the level of “self-sufficiency” that he did?

10. On p. 284 Lloyd-Jones suggests that Paul must have learned 7 principles in achieving the contentment that he had? Use these principles to test yourself as to the level of contentment that you now possess.

11. Ultimately, how do we obtain and maintain Biblical contentment?