



# “CHRISTIAN CONTENT(MENT)”

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PHILIPPIANS 4:10-20 BIBLE STUDY SLIDES

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**PHILIPPIANS 4:13**  
I CAN WIN AT EVERYTHING  
THROUGH CHRIST WHO STRENGTHENS ME?



“It’s a **mantra that I live by** and something that drives me every single day,” Curry said. “It’ll hopefully inspire people to find something that drives them, whether that’s a verse or some other **motivating force that keeps you hungry and keeps you driven**. That’s mine, and you can pick whatever yours is and let that drive you, too, **as you continue with basketball or whatever field you’re in in your life.**”

– Nick DePaula, ESPN (quoted in USA Today):



PHILIPPIANS 4:13  
I CAN WIN AT EVERYTHING  
THROUGH CHRIST WHO STRENGTHENS ME?



“So the next time you see ‘**I can do all things**’ on Curry’s sneakers, know that the words are **driving him to play every game like the superstar that he is**”

– Nick DePaula, ESPN

(quoted in USA Today):



PHILIPPIANS 4:10  
HAPPY FOR THE HOLY HELP!

I rejoiced greatly in the Lord that now, at last, you revived your concern for me. Indeed, you were concerned about [me], but had no opportunity [to show it]. (Php 4:10, AT)





PHILIPPIANS 4:10  
HAPPY FOR THE HOLY HELP!



3 I [Paul] thank my God whenever I think of you  
(all). 4 Always, in all of my prayer for you all, I  
pray with joy 5 because of your **partnership in  
the Gospel** from the first day until now,  
(Php 1:3-5, AT)





PHILIPPIANS 4:11  
...BUT I'M CONTENT  
NO MATTER THE CIRCUMSTANCES

Not that I am speaking out of neediness,  
for I have learned – whatever  
[circumstances] I am in – to be content.  
(Php 4:11, AT)





PHILIPPIANS 4:12  
THE SECRET OF CONTENTMENT  
IN ANY AND ALL CIRCUMSTANCES...



And I know what it is to have humble means, and I know what it is to have abundance. In **any** [παῖς | *pas*] and **all** [παῖς | *pas*] [circumstances], I have learned the secret [of being content] – [whether] being filled or being hungry, to have abundance or neediness. (Php 4:12, AT)





PHILIPPIANS 4:12  
THE SECRET OF CONTENTMENT  
IN ANY AND ALL CIRCUMSTANCES...

23 Are they servants of Christ? (I am out of my mind to talk like this.) I am more. I have worked much harder, **been in prison more frequently, been flogged more severely, and been exposed to death again and again.** 24 **Five times** I received from the Jews the **forty lashes minus one.** 25 **Three times** I was **beaten with rods, once** I was **pelted with stones, three times** I was **shipwrecked, I spent a night and a day in the open sea,** (2 Cor 11:23-25, NIV)





PHILIPPIANS 4:12  
THE SECRET OF CONTENTMENT  
IN ANY AND ALL CIRCUMSTANCES...



26 I have been constantly on the move. I have been in **danger** from rivers, in **danger** from bandits, in **danger** from my fellow Jews, in **danger** from Gentiles; in **danger** in the city, in **danger** in the country, in **danger** at sea; and in **danger** from false believers. (2 Cor 11:26, NIV)





PHILIPPIANS 4:12  
THE SECRET OF CONTENTMENT  
IN ANY AND ALL CIRCUMSTANCES...

27 I have **labored** and **toiled** and have often **gone without sleep**; I have known **hunger** and **thirst** and have **often gone without food**; I have been **cold** and **naked**.

28 Besides everything else, I face daily the **pressure of my concern** for all the churches. (2 Cor 11:27-28, NIV)





PHILIPPIANS 4:13  
I CAN DO ALL THIS  
(BE CONTENT) THROUGH CHRIST



**All** [*πᾶς* | *pas*] [this] I am able to  
do through Him who  
strengthens me. (Php 4:13, AT)



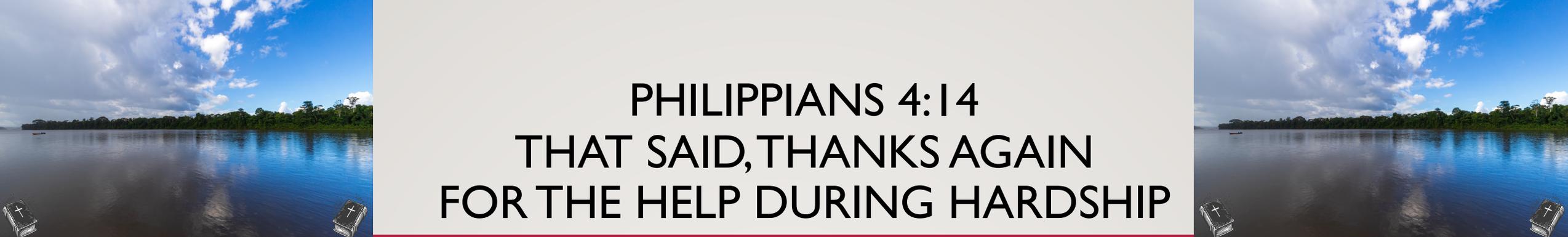


PHILIPPIANS 4:14  
THAT SAID, THANKS AGAIN  
FOR THE HELP DURING HARDSHIP



Nevertheless, you have done  
well to share with [me] in my  
affliction. (Php 4:14, AT)





PHILIPPIANS 4:14  
THAT SAID, THANKS AGAIN  
FOR THE HELP DURING HARDSHIP

29 For it has been graciously granted to you, for the sake of Christ, not only to believe in Him, but also to **suffer for Him**, 30 having the same struggle of which you saw I had and now hear I [still] have. (Php 1:29-30, AT)





PHILIPPIANS 4:15  
NO ONE ELSE HELPED  
BUT YOU

And also, you yourselves know, Philippians, that at the first [preaching] of the gospel, when I went out from Macedonia, not one church shared with me in the matter of giving and receiving except you, alone. (Php 4:15, AT)



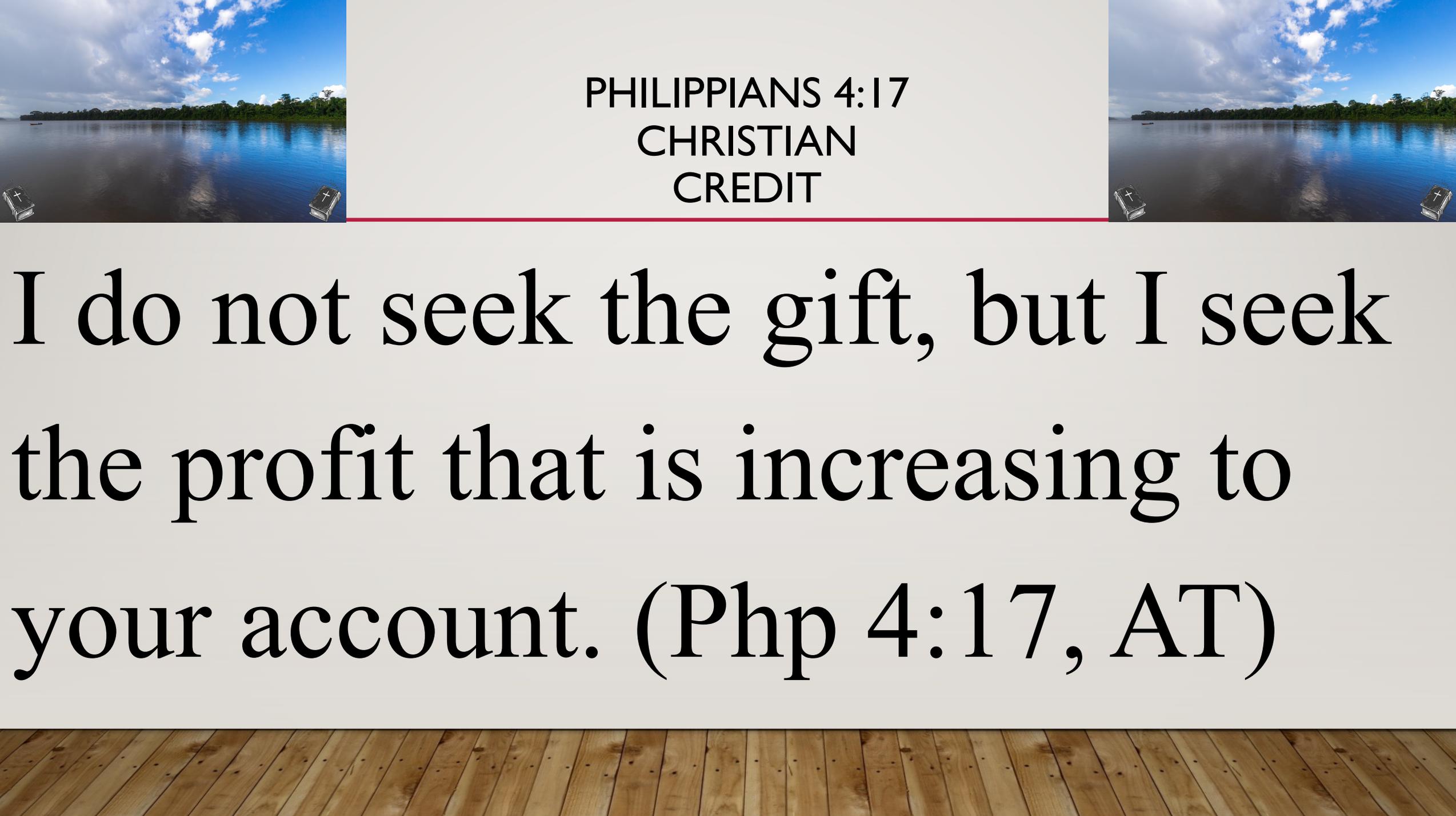


PHILIPPIANS 4:16  
NO ONE ELSE HELPED  
BUT YOU



For even in Thessalonica, once  
and again, you sent me [gifts]  
for my need. (Php 4:16, AT)





PHILIPPIANS 4:17  
CHRISTIAN  
CREDIT

I do not seek the gift, but I seek  
the profit that is increasing to  
your account. (Php 4:17, AT)



PHILIPPIANS 4:18  
I'M GOOD,  
GOOD SACRIFICE



But I have received in full and have an abundance.  
I have been fully supplied, having accepted from  
Epaphroditus the [gifts] from you – a pleasant  
aroma, an acceptable sacrifice pleasing to God.  
(Php 4:18, AT)





PHILIPPIANS 4:18  
I'M GOOD,  
GOOD SACRIFICE



Then burn the entire ram on the altar. It is a **burnt offering** to the LORD [YHWH], a **pleasing aroma**, a food offering presented to the LORD [YHWH]. (Ex 29:18, NIV)





PHILIPPIANS 4:19  
GOD IS GENEROUS  
TO THE GENEROUS



And my God will fully supply every  
need of yours, according to His riches in  
glory through Christ Jesus.

(Php 4:19, AT)





PHILIPPIANS 4:19  
GOD IS GENEROUS  
TO THE GENEROUS



Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. (Lk 6:38, NIV; cf. Dt 15:10; Pr 19:17; Pr 22:9, 28:8, 27)





PHILIPPIANS 4:19  
GOD IS GENEROUS  
TO THE GENEROUS



10 **Give generously** to them and do so without a grudging heart; then because of this **the LORD [YHWH] your God will bless you** in all your work and in everything you put your hand to.

11 There will always be poor people in the land. Therefore I command you to **be openhanded toward your fellow Israelites who are poor and needy** in your land. (Dt 15:10-11, NIV)





PHILIPPIANS 4:19  
GOD IS GENEROUS  
TO THE GENEROUS

Whoever is kind to the poor lends to the LORD [YHWH],  
and he will **reward** them for what they have done.

(Pr 19:17, NIV)





PHILIPPIANS 4:20  
TO GOD  
BE THE GLORY

To our God and Father be the  
glory forever and ever. Amen.

(Php 4:20, AT)

