

# Christ: The Key to Contentment

## Philippians 4:6-7

### **Philippians 4:6-7 (NASB)**

**<sup>6</sup>“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.**

**<sup>7</sup>And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”**

While in prison, Paul penned precious words about the sufficiency of Christ. We tend to attach the idea of contentment to beach vacation spots and mountain retreats, but the apostle wrote that we are not to be anxious anywhere or at any time, because we have the Lord's peace.

Contentment is the believer's birthright. Peace is part of the spiritual fruit that's ours when we trust in the Savior ([Galatians 5:22](#)); it is an inward serenity that passes all understanding ([Philippians 4:7](#)).

### **Galatians 5:22 (NASB)**

**<sup>22</sup>“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness.”**

### **Philippians 4:7 (NASB)**

**<sup>7</sup>“And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”**

Jesus lived through conflict with a sense of inner quiet, and because of His indwelling Spirit, that remarkable calm belongs to God's children, too. That is important because there are times when we come across a problem that has no earthly solution. In situations like those, we learn that self-sufficiency is a lie. We cannot cope alone, but Christ is all we need.

Here is the flip side of the coin: **“There is no peace for the wicked,” says the Lord** ([Isaiah 48:22](#)). Modern culture slaps the word *wicked* onto only the vilest of actions and people, but God's definition is much broader. The wicked are those who willfully reject His right to forgive their sins and take Lordship over their life. If you are not a believer, you cannot experience true and lasting contentment.

When we are born again ([John 3:3-8](#)), we become children of the living God and rightful heirs to every good thing He has to offer. This includes the deep inner peace and joy that can withstand any trial. What can man do to the one who belongs to the Lord ([Hebrews 13:6](#))?

### **Hebrews 13:6 (NASB)**

**<sup>6</sup>“So that we confidently say, “THE LORD IS MY HELPER, I WILL NOT BE AFRAID. WHAT WILL MAN DO TO ME?”**