

# ***GULF SHORES CHURCH OF CHRIST***

## ***The Valley of Contentment***

*Sermon by Ray Reynolds (1/20/08 - PM)*

### Introduction:

1. Our attitude is a crucial ingredient in our spiritual well-being.
2. Many times we want to encounter those mountaintop experiences.
3. But when we come down off that mountain we have trouble being content.
4. Maybe after today you'll think of visiting the valley of contentment and staying for a while.

### Discussion:

#### ***I. How's The View From The Valley of Contentment?***

##### A. Peaceful = The Facts About Contentment

1. Contentment is possible for every believer that has a mind like Christ.
2. Contentment is not about becoming stoic or becoming immune to suffering.
3. Contentment is not settling for lesser things or lowering our standards.
4. Contentment is realizing you have everything you need for every circumstance.
5. **I Timothy 6:6-8** says, "*Now godliness with contentment is great gain. For we brought nothing into this world, and it is certain we can carry nothing out. And having food and clothing, with these we shall be content.*"

##### B. Protected = The Fear of Contentment

1. The thought of contentment scares people.
2. They are afraid that they might be unsatisfied if they learn to be content.
3. It is hard, but we have to learn to trust that God will provide for our daily needs.  
Every day!
4. **II Corinthians 9:8** says, "*And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work.*"
5. God gives us strength sufficient enough to handle everything what we face.

##### C. Positive = The Freedom of Contentment

1. Contentment brings a freedom that is hard to explain.
2. You can learn to take your present situation, whatever the obstacle and say, "I don't like it, but I deal with it."
3. Don't ever say, "I can't deal with it. I want out."
4. I had never noticed the entirety of **Hebrews 13:5** until this past week.
5. "*Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, 'I will never leave you nor forsake you.'*"
6. When you learn to surrender, you finally learn you were never alone!
7. We have to remain positive in our trials (**James 1:2**).

## *II. How Can I Reach The Valley of Contentment?*

A. Contentment comes when we pray for God's direction.

**Philippians 4:6-7**

B. Contentment comes when we produce good thoughts.

**Philippians 4:8-9**

C. Contentment comes when we participate in fellowship with other Christians.

**Philippians 4:10**

D. Contentment comes when we purpose to think about our needs not our wants.

**Philippians 4:11-12**

E. Contentment comes when we preserve our relationship with Christ.

**Philippians 4:13**

F. Contentment comes when we praise the good works of others. (take focus off us)

**Philippians 4:14-18**

G. Contentment comes when we profess God's promises.

**Philippians 4:19-20**

### Conclusion:

1. Our entire lives we search and long for a relationship with God.
2. Once we have it we don't know what to do with it.
3. God hopes that by trusting in Him we will learn to be content.
4. Remember that we have reached the valley of contentment when we acquire a state of mind, in the midst of difficulty or tragedy, that we know Christ is within us, all of His resources are fully available to us, and He is in control.
5. Are you ready to travel into the valley of contentment?