

Contentment or Happiness?

Who's right -

Paul from Tarsus

or

Ken Dodd from Knotty
Ash?

Paul in Philippians 4. 4 - 13:-

"I have Learnt.. Contentment"

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Ken Dodd in his hit song:-

- "Happiness, happiness, the greatest gift that I possess. I thank the Lord that I've been blessed with more than my share of happiness"

So... Contentment or Happiness?

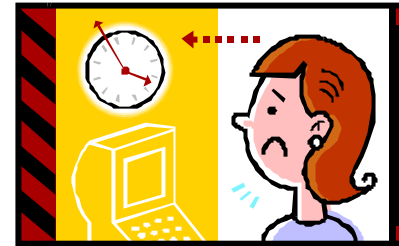
- “There ain’t much happiness in that thar Bible”
- In fact the pursuit of happiness is not what the Bible is about.
- “What is the chief aim of man? The chief aim of man is to glorify God and enjoy him forever” (Westminster Shorter Catechism)
- Contentment - rather than happiness - is the fruit of that pursuit.

An Age of Discontentment

- Pressure of publicity



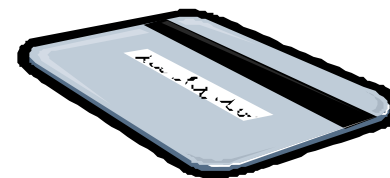
- Stress of striving



- Fear of failure



- Crunch on credit



- Anxiety and angst



What was Paul claiming?

1. "Contentment ..." (4.11)

(Phil 4.7 "The peace of God, which is far beyond human understanding, will safeguard your minds and hearts in Christ Jesus")

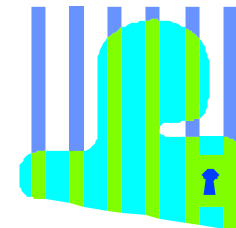
* Not Self-sufficiency - Stoics

* Not Self-denial - Buddhists

* But "autarkes" = contentment or satisfaction or Soul-sufficiency = a Godly, inner wellbeing or peace/ shalom

2. "Anywhere, at anytime, I am content" (4.12)

Where was this written from?



So - How could he claim this Contentment?

"I have learnt" (it).

Because he had developed: -

1. A Praying mind (4.6)



2. A Praising mind (4.4, 6b, 12) >>> Rejoice! <<<

3. A "Pre-Occupied" mind (4.8, 9)

