

Contentment in All Circumstances

Ready:

I don't say this out of need, for I have learned to be content in whatever circumstances I am. I know both how to have a little, and I know how to have a lot. In any and all circumstances I have learned the secret of being content—whether well-fed or hungry, whether in abundance or in need. I am able to do all things through Him who strengthens me. — Philippians 4:11–13

Set

During the 2003–2004 basketball season, I experienced what coaches fear most. We won only two games while losing twenty-five. Most of our games were not even close. The boys tried hard, but we were overmatched in most games. It was a difficult and humbling time. I questioned myself and my ability. About halfway through the season, as the losses mounted and the frustration and disappointment increased, I came across these verses during a study time. Suddenly, everything came back into focus.

As Paul wrote from prison, he expressed that his circumstances had nothing to do with his contentment. It did not matter to him if he had plenty or had nothing. He could be content while in prison or while on the mission field. As I read these lines I substituted my own words. "I know what it is to win games, and I know what it is to lose games. I have learned the secret of contentment in any and every situation, whether winning or losing." Paul's secret was his relationship to Jesus Christ. As coaches for Christ we need to remember that the source of our contentment lies not in the victories, but in our relationship with Christ.

Go

1. What is the source of my contentment?
2. Do I "live or die" with every victory or loss?
3. Am I focusing on Jesus Christ or the circumstances of this world?

Workout

Extra Reading: Psalm 4:21; John 15:10–11; 1 Peter 5:1–11

Overtime

Lord, I pray that You will be the source of my contentment. I realize that all of the circumstances of this world, whether positive or negative, are only temporary. The only thing that is lasting is my relationship with You. Teach me to be content in You. Thank You, Lord, for loving me. Amen.



Fellowship of Christian Athletes © 2025
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

Source URL:<https://fcaresources.com/devotional/contentment-all-circumstances>