

Finding Joy and Contentment

Philippians 4:4-9

How do we find Joy and Contentment in every season?

- 1. Our Identity must be in Christ.**
- 2. Trust in God's Sovereignty.**
- 3. We must cultivate a Heart of Gratitude.**

Scripture References: 2 Corinthians 5:17, Ephesians 2:10, Proverbs 3:5-6, Isaiah 55:8-9, Psalm 100:4-5, Colossians 3:15-17, Philippians 4:11-13

Put it into Practice:

Start or end your day by writing down 3 things you are grateful for.

Evaluate your lives and identify areas that you can simplify, eliminate unnecessary stressors.

Volunteer in a church ministry or community service, sharing your gifts with others.

Join/Create a small group or prayer circle for support and encouragement.

Celebrate small victories and progress on your Spiritual journey.

This week's reading plan: Philippians 1-4 and Philomen.