

August 10, 2016
Sit Down and Enjoy Life
Phil 4:10-14

4 lessons about contentment

- 1) Contentment has to be learned.
Isaiah 46:9
- 2) Contentment is the opposite of worry.
Phil 4:6-7
- 3) A right (contented) heart is partnered with a right (contented) mind. Phil. 4:8
Eph. 6:17
- 4) To be content, we must rest, rely, trust, put our hope and faith in the strength,
(character) of God!

Where do you most need to become content?

- 1) Give it to God w/ a grateful heart
- 2) Think rightly about it
- 3) Surrender control and learn

“There are two kinds of people: those who say to God, “Thy will be done,” and those to whom God says, ‘All right, then, have it your way.’”

C.S. Lewis

Php 4:6-14 Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God. (7) And the peace of God, which surpasses every thought, will guard your hearts and minds in Christ Jesus. (8) Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable--if there is any moral excellence and if there is any praise--dwell on these things. (9) Do what you have learned and received and heard and seen in me, and the God of peace will be with you. (10) I rejoiced in the Lord greatly that once again you renewed your care for me. You were, in fact, concerned about me but lacked the opportunity to show it.

(11) I don't say this out of need, for I have learned to be content in whatever circumstances I am. (12) 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. (13) I am able to do all things through Him who strengthens me. (14) Still, you did well by sharing with me in my hardship.

Isa 46:9 Remember what happened long ago, for I am God, and there is no other; I am God, and no one is like Me.

Eph 6:17 Take the helmet of salvation, and the sword of the Spirit, which is God's word.

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