

# JOY FOR THE REST OF YOUR LIFE

## “Contentment: The Secret of Being Satisfied”

### Philippians 4:10-13, 19

*“...for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation...”*  
Philippians 4:11-12

#### WHAT IS CONTENTMENT?

It is not APATHY LAZINESS COMPLACENCY

It is a discipline to be LEARNED and is WITHIN YOU

#### HOW DO YOU GET CONTENTMENT?

##### 1. Learn to AVOID COMPARISONS

*“I have learned to be content whatever the circumstance”* Philippians 4:11

*“We do not look at what we can see right now, the troubles all around us, but we look forward to the joys in heaven...The troubles will soon be over, but the joys to come will last forever.”*

2 Corinthians 4:18

Misconceptions About Happiness

\* I must have WHAT OTHERS HAVE

\* I must be LIKED BY EVERYONE

\* I will be happy when I have MORE

##### 2. Learn to ADJUST TO CHANGE

*“I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.”*

Philippians 4:12

Types of Circumstances

\* Those we can control AND DO

\* Those we can control AND DO NOT

\* Those I **CANNOT CONTROL**

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### The Serenity Prayer

*"If it is possible, as far as it depends on you, live at peace with everyone."* Romans 12:18

One helpful tool in adjusting: **HUMOR**

### 3. Learn to **DRAW ON CHRIST'S POWER**

*"I can do everything through Him who gives me strength."* Philippians 4:13

\* try reading this verse in different translations

*"But He (God) said to me 'My grace is sufficient for you, for my power is made perfect in weakness.'"*  
2 Corinthians 12:9

### 4. Learn to **TRUST GOD TO MEET MY NEEDS**

*"And my God will meet all your needs according to his glorious riches in Christ Jesus."*

Philippians 4:19

\* Matthew 6:31-33

\* John 10:10 *"I have come that they may have life, and have it to the full."*

\* Joy...Contentment...Life