

REDISCOVERING JOY

Secrets to Satisfaction

March 14, 2010

FBC Port A

PHILIPPIANS 4:10-13

Php 4:11-12 NLT *Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.*

WHAT IS CONTENTMENT?

It's not apathy ... laziness ... Complacency

DEF: an inward disposition, independent of circumstances.

How do I get it?

HOW TO EXPERIENCE REAL CONTENTMENT

I. LEARN TO AVOID COMPARISONS

"... I have learned how to be content with whatever I have." vs. 11b

2Cor 4:18 NLT *So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.*

Misconceptions about happiness:

- I must have what others
- I must be liked by everyone
- Having more

1Tim 6:6-8 NLT *Yet true godliness with contentment is itself great wealth. After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. So if we have enough food and clothing, let us be content.*

Root Problem: Comparing myself to others.

II. LEARN TO ADJUST TO CHANGE

Php 4:12 NLT *I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.*

Php 4:12a CEV *I know what it is to be poor or to have plenty,*

Types of Circumstances:

- Those we can control and DO.
- Those we can control and DON'T
- Those we CANNOT CONTROL (and there are many)

Rom 12:18 NLT *Do all that you can to live in peace with everyone.*

Key to adjusting: know who is in control

III. LEARN TO DRAW ON CHRIST'S POWER

Php 4:13 NLT *For I can do everything through Christ, who gives me strength.*

"There is nothing I cannot master with the help of one who gives me strength." (JB)

"... I am ready for anything and equal to anything through Him who infuses inner strength into me, that is, I am self-sufficient in Christ's sufficiency." (Amp)

2Cor 12:9 NLT *Each time He said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.*

IV. LEARN TO TRUST GOD TO MEET MY NEEDS

Php 4:19 NLT *And this same God who takes care of me will supply all your needs from His glorious riches, which have been given to us in Christ Jesus.*

Mat 6:31-33 NLT *"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need."*

A man wearing a yellow patterned short-sleeved shirt, blue jeans, and a black baseball cap stands in a lush green field. He has his arms raised in a gesture of joy or praise, with his mouth open as if shouting or singing. The background is a clear blue sky with several blue star-shaped graphics scattered across it. The overall mood is one of happiness and freedom.

REDISCOVERING

Joy

A STUDY OF PHILIPPIANS

REDISCOVERING JOY

Secrets to Satisfaction

March 14, 2010

FBC Port A

PHILIPPIANS 4:10-13

Php 4:11-12 NLT *Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.*

WHAT IS CONTENTMENT?

It's not apathy ... laziness ... Complacency

DEF: an inward disposition, independent of circumstances.

How do I get it?

HOW TO EXPERIENCE REAL CONTENTMENT

I. LEARN TO _____

"... I have learned how to be content with whatever I have." vs. 11b

2Cor 4:18 NLT *So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.*

Misconceptions about happiness:

- I must have what others
- I must be liked by everyone
- Having more

1Tim 6:6-8 NLT *Yet true godliness with contentment is itself great wealth. After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. So if we have enough food and clothing, let us be content.*

Root Problem: _____.

II. LEARN TO _____

Php 4:12 NLT *I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.*

Php 4:12a CEV *I know what it is to be poor or to have plenty,*

Types of Circumstances:

- Those we can control and _____.
- Those we can control and _____
- Those we _____

Rom 12:18 NLT *Do all that you can to live in peace with everyone.*

Key to adjusting: know who is in control

III. LEARN TO _____

Php 4:13 NLT *For I can do everything through Christ, who gives me strength.*

"There is nothing I cannot master with the help of one who gives me strength." (JB)

"... I am ready for anything and equal to anything through Him who infuses inner strength into me, that is, I am self-sufficient in Christ's sufficiency." (Amp)

2Cor 12:9 NLT *Each time He said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.*

IV. LEARN TO _____

Php 4:19 NLT *And this same God who takes care of me will supply all your needs from His glorious riches, which have been given to us in Christ Jesus.*

Mat 6:31-33 NLT *"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need."*

A man wearing a yellow patterned short-sleeved shirt, blue jeans, and a black baseball cap stands in a lush green field. He has his arms raised in a gesture of joy or praise, with his mouth open as if shouting or singing. The background is a clear blue sky with several blue star-shaped graphics scattered across it. The overall mood is one of happiness and freedom.

REDISCOVERING

Joy

A STUDY OF PHILIPPIANS

