

# Contentment

“...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

## 1. Learn To Avoid Comparisons

“...I have learned to be content whatever the circumstances.” Philippians 4:11b

“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 to be happy
- I must be liked by everyone in order to be happy
- Having more will make me more happy

“Godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that.” 1 Timothy 6:6-8

## **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

## **3. Learn To Draw On Christ’s Strength**

“I can do everything through Him who gives me strength.” Philippians 4:13

“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.” Philippians 4:13 (Amplified)