

Philippians

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Philippians

Philippians 4:10-13 NIV

I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances.

Philippians

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. I can do all this through Him who gives me strength.

Philippians

**The content of your brain will
dictate the content of your heart.**

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Philippians

The 'Secrets' of Contentment

- 1. Run the right race**

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Philippians 3:12-14

¹²Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me.

Philippians

**¹³Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead,
¹⁴I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.**

Philippians

The 'Secrets' of Contentment

- 1. Run the right race**
- 2. Be thankful for what you have**

Philippians

**When your want exceeds your need,
you have started on the slippery
slope of failure, and you will never
be content.**

Philippians

The 'Secrets' of Contentment

- 1. Run the right race**
- 2. Be thankful for what you have**
- 3. Focus on the good**

Philippians

Philippians 4:8

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.

Philippians

The 'Secrets' of Contentment

- 1. Run the right race**
- 2. Be thankful for what you have**
- 3. Focus on the good**
- 4. Seek opportunity in all circumstances**

Philippians

Philippians 1: 12-14

¹² Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. ¹³ As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ.

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14 And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.

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Galatians 6:4

⁴ Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else,

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The 'Secrets' of Contentment

- 1. Run the right race**
- 2. Be thankful for what you have**
- 3. Focus on the good**
- 4. Seek opportunity in all circumstances**
- 5. Contentment is a state of being**

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Philippians 4:12

¹² 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.

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The 'Secrets' of Contentment

- 1. Run the right race**
- 2. Be thankful for what you have**
- 3. Focus on the good**
- 4. Seek opportunity in all circumstances**
- 5. Contentment is a state of being**
- 6. Trust in the sufficiency of Christ**

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Philippians 4:13

¹³I can do all this through Him who gives me strength.

Philippians

**We learn to be content when we
learn to truly trust Jesus**

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The 'Secrets' of Contentment

- 1. Run the right race**
- 2. Be thankful for what you have**
- 3. Focus on the good**
- 4. Seek opportunity in all circumstances**
- 5. Contentment is a state of being**
- 6. Trust in the sufficiency of Christ**