10 in the series

Biblical Keys to Living The Joy Filled Life (Advent)

**Key #10 Be Content**

Philippians 4:11-13, 19

*“I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12I 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. 13I can do all this through him who gives me strength.”*  Philippians 4:11-13 (NIV)

**Four insights into learning how to be content:**

1. Learn Not to Compare Yourself To .

**When you compare yourself to others**:

A. You become  – because you see yourself better than others.

B. You become  – because you don’t have what others have.

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

**Three misconceptions, myths, about happiness:**

A. I must  what others  to be happy.

B. I must be  by everyone in order to be happy.

C. Having  will make me happy.

*“But godliness with contentment is great gain. 7For we brought nothing into the world, and we can take nothing out of it. 8But if we have food and clothing, we will be content with that.”* 1 Timothy 6:6-8 (NIV)

2. Learn To Adapt To .

**Fact: contentment is not based on your situations of life.**

**There are Three Ways to React to the Circumstances of Life:**

A. There are things I can  and I do.

B. There are things I can  and I don’t.

*“The right word at the right time is like a custom-made piece of jewelry.”* Proverbs 25:11 (MSG)

C. There are things I  control.

*“And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.”*  Romans 8:28 (NLT)

3. Learn To Draw On Christ’s .

*“I can do all things through Christ who strengthens me.”* Philippians 4:13 (NKJV)

4. Learn To Trust .

*“And my God will meet all your needs according to the riches of his glory in Christ Jesus.”* Philippians 4:19 (NIV)

*“I have come that they may have life, and that they may have it more abundantly.”* John 10:10b (NKJV)

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