

A lush green forest scene with a body of water in the foreground, reflecting the trees and foliage. The trees are tall and have thick trunks, with dense green leaves filling the upper part of the frame. The water is calm, creating a clear reflection of the surrounding greenery.

# Encouraged to be Content

Philippians 4:10-23

**Lesson 1:  
whatever the  
circumstances**



## **Lesson 2**

**experienced  
extremes--**

**plenty or needy  
God is present  
in both times**



## **Lesson 3**

**God gives the  
strength  
behind  
contentment**



## **Lesson 4**

**allow others  
to share, gifts  
given and  
received**



## **How can I be content and experience inner peace?**

- Give up control on the outcome
- Relinquish self-centered possessiveness
- Appreciate others for who they are
- Stop trying to impress others and get their approval



## **How can I be content and experience inner peace?**

- KENOSIS—empty self from center and allow God, Christ & Spirit in
- Accept what is as a gift
- Stop creating drama for others because of my own inner turmoil



## **Identify my personal reasons for discontent**

- My dreams have died
- I have been a disappointment to others
- I have been a disappointment to myself
- Other people seem to have it better than I do





## Identify my personal reasons for discontent

- I always seem to get the worst of a deal
- I am angry at my parents, or spouse, or sibling
- I always fail at things and hate myself
- I get frustrated because of how unfair life is



Give that baggage of  
discontent all to God

“I can accept all circumstances through  
Christ who strengthens me.”

