

“The Rhythm of Contentment”

(Philippians 4:11-12) ...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, whether well fed or hungry, whether living in plenty or in want.

(Philippians 4:4-8) Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 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.

A 4-COUNT RHYTHM OF CONTENTMENT

Count 1: Rejoice in the Lord.

Count 2: Pray about everything.

Count 3: Give Thanks.

Count 4: Focus on God’s truth.

We find contentment when we completely trust in Christ.