

# Finding Joy in Contentment

Day 27 of 31 : Philippians 4:10-13 : [MANUP.online](http://MANUP.online)

## Philippians 4:10-13

<sup>10</sup> How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me. <sup>11</sup> Not that I was ever in need, for I have learned how to be content with whatever I have. <sup>12</sup> I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. <sup>13</sup> For I can do everything through Christ, who gives me strength.

*Contentment is CHOOSING to be JOYFUL in every season of Life.*

## 4 Truths about Contentment:

1. Contentment is something you learn.
2. Contentment is something you choose.
3. Contentment is something you share.
4. Contentment is something you receive.

**Q:** What is the foundation of Paul's contentment?

**A:** That Jesus Christ would be enough!

**Prayer:** Heavenly Father, please fill me with the peace that only comes through Jesus. Would you help me keep my eyes on you and not on the circumstances around me. Will you bless me with overflowing joy, so that I can share your joy with those around me. Thank you for being enough!