

HOW TO GET FREE FROM STRESS

Philippians 4:4-8 (April 21, 2024)

¹⁰ 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.

¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances.

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.

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

WHAT IS CONTENTMENT?

It's not apathy, not laziness, not complacency.

Definition:

HOW TO EXPERIENCE REAL CONTENTMENT

I. LEARN TO _____

"... I have learned to be content whatever the circumstances." v11b

"We do not look at what we can see right now, the troubles all around us, but we look forward to the joys in heaven... The troubles will soon be over, but the joys to come will last forever." **2 Corinthians 4:18**

Three misconceptions about happiness:

- 1)
- 2)
- 3)

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

Root Problem:

II. LEARN TO _____

"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." v12

"I have learned to be independent of circumstances." (Ber)

Types of Circumstances

- Those we can control and _____
- Those we can control and _____
- Those we _____

"If it is possible, as far as it depends on you, live at peace with everyone."

Romans 12:18

Key to adjusting:

III. LEARN TO _____

"I can do everything through Him who gives me strength." v13

"There is nothing I cannot master with the help of one who gives me strength." (JB)

"... I am ready for anything and equal to anything through Him who infuses inner strength into me, that is, I am self-sufficient in Christ's sufficiency." (Amp)

But God said to me, "My grace is sufficient for you, for my power is made perfect in (your) weakness." **2 Corinthians 12:9**

IV. LEARN TO _____

"And my God will meet all your needs according to His glorious riches in Christ Jesus." v19

"So do not start worrying: Where will my food come from? or my drink? or my clothes?... Your heavenly Father knows you need all these things. Instead, be concerned about everything else with God's kingdom... and he will provide you all these other things." **Matthew 6:31-33 (GN)**

Questions for discussion

1. What causes people to compare themselves to others in our society?
2. What are the differences between a temporary perspective and an eternal one?
3. Do I have a sense of humor or easily offended? How do I know that I am getting better at adjusting?
4. What can I do to draw on Christ's power daily?
5. **(Personal application)** What do I need to pray to God specifically today to meet my needs?