

'Learning to be Content'

Contentment is **freedom** from always wanting **more**.

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." ~Philippians 4:11-12

Three Lessons to Learn

1. Relentlessly establish **realistic expectations**.

Formula for contentment:

Contentment equals **reality** minus **expectations**.

2. Cultivate gratitude for **less than perfect gifts**.

"...always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ." ~Ephesians 5:20

3. Seek that which will truly **satisfy your soul**.

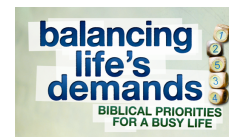
¹⁹ "Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. ²⁰ But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal.

²¹ For where your treasure is, there your heart will be also." ~Matthew 6:19-21

"That I may know Him and the power of His resurrection, and the fellowship of His suffering..." ~Philippians 3:10

What human beings ultimately grave is **the eternal**.

¹ "Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. ² Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare." ~Isaiah 55:1-2



'Learning to be Content'

Contentment is **freedom** from always wanting **more**.

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." ~Philippians 4:11-12

Three Lessons to Learn

1. Relentlessly establish **realistic expectations**.

Formula for contentment:

Contentment equals **reality** minus **expectations**.

2. Cultivate gratitude for **less than perfect gifts**.

"...always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ." ~Ephesians 5:20

3. Seek that which will truly **satisfy your soul**.

¹⁹ "Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. ²⁰ But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal.

²¹ For where your treasure is, there your heart will be also." ~Matthew 6:19-21

"That I may know Him and the power of His resurrection, and the fellowship of His suffering..." ~Philippians 3:10

What human beings ultimately grave is **the eternal**.

¹ "Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. ² Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare." ~Isaiah 55:1-2