



September 27, 2020
Part 3: Alleviating Anxiety in My Mind

Philippians 4:10-13 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.

The One Thing:

Contentment is _____ not _____.

Contentment Means:

An Internal _____ that Does _____
Demand a _____ in Circumstances.

How Do I Learn Contentment?
Four Lessons

1. Change is _____ Contentment is _____.

Philippians 4:12

Proverbs 30:7-9 "Two things I ask of you, Lord;
do not refuse me before I die:

⁸ Keep falsehood and lies far from me;
give me neither poverty nor riches,
but give me only my daily bread.

⁹ Otherwise, I may have too much and disown you
and say, 'Who is the Lord?'

Or I may become poor and steal,
and so dishonor the name of my God.

2. Contentment Must Be _____ From My
_____.

Philippians 4:11-12 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.

3. Contentment _____ My _____.

Philippians 4:13 I can do all this through him who gives me strength.

Exodus 20:17 "You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor's."

Exodus 20:3-4 "You shall have no other gods before me. ⁴ "You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below.

4. Contentment Flows from My _____ to
_____.

Philippians 4:13 I can do all this through him who gives me strength.