

## **The Weekly Word (May 22, 2019)**

**Word:** Contentment

**Passage:** Philippians 4:4-13

**Key Verse:** Philippians 4:11

### **Commentary:**

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

We often think of contentment as being happy and joyful. Webster's definition is "to be satisfied." How can we be satisfied or content no matter our circumstances? I believe it has a lot to do with how and what we think.

First, Paul admonishes us to **Rejoice**. This is an action verb meaning "to be glad" or "to give joy." In what areas of your life today can you find to rejoice? Did you get out of bed? Can you breathe? Think? We often feel we need to rejoice only in BIG things in our life. Paul doesn't say to rejoice only in the grand things. He simply says **Rejoice**. And he says it twice. I find that if you rejoice or find things to be glad in, it is hard to be the opposite.

Second, Paul says don't be anxious, but to **Pray** and be thankful, and the peace of God will guard your heart and mind. It is so simple, and we make it so hard or complicated.

Third, Paul tells us what to **Think**. "Think on things that are true, noble, right, pure, lovely, admirable, excellent and praiseworthy." This doesn't just happen; it takes practice to think this way. We have an enemy that wants to keep our mind in turmoil. We must pay attention to what we think. Practice this way of thinking, and the God of Peace will be with you!!

Throughout Paul's life, he went through many different circumstances. Verse 11 of this passage tells us he LEARNED to be content. Contentment doesn't just happen; it is learned! In verse 13, we read that Christ gives us strength. It is not in our own ability, but it is through learning from Jesus and relying on Him that we are able to be content.

How can we be content (satisfied)?

-Rejoice in the Lord ALWAYS.

-Pray with Thanksgiving.

-Think on Good Things.

### **Challenge:**

Take time to see what your mind is doing.

### **Prayer:**

Lord, help me today to be aware of what my mind is doing. Help me to practice rejoicing, praying, and thinking, so that I will be content (satisfied) in You.

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