



LIVING FROM THE INSIDE OUT

THE PATH TO CONTENTMENT

February 28 & March 1, 2026

Philippians 4:6-7, 11-13, 19-20 (NLT)

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus...

Not that I was ever in need, for I have learned how to be content with whatever I have. 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. For I can do everything through Christ, who gives me strength...

And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus. Now all glory to God our Father forever and ever! Amen.

**I will become content only when _____ replaces worry
and _____ replaces struggle.**

The Path to Being Truly CONTENT

1 C _____ stability and positivity in the Lord.

Philippians 4:1, 4 (GW)

So, brothers and sisters, I love you and miss you. You are my joy and my crown. Therefore, dear friends, keep your relationship with the Lord firm! ... Always be joyful in the Lord! I'll say it again: Be joyful!

**“He is no fool to give what he cannot keep
to gain what he cannot lose.”**

– Jim Elliot

Psalms 16:11 (GW)

You make the path of life known to me. Complete joy is in your presence. Pleasures are by your side forever.

John 15:11 (GW)

I have told you this so that you will be as joyful as I am, and your joy will be complete.

2

O _____ every anxiety to God through prayer.

Philippians 4:6 (GW)

Never worry about anything. But in every situation let God know what you need in prayers and requests while giving thanks.

**Worry is being anxious about a future I don't control;
prayer is _____ the God who does.**

- _____ shifts my worry to _____.
- _____ shifts my fear to _____.

Colossians 3:15-17 (GW)

Also, let Christ's peace control you. God has called you into this peace by bringing you into one body. Be thankful. Let Christ's word with all its wisdom and richness live in you. Use psalms, hymns, and spiritual songs to teach and instruct yourselves about God's kindness. Sing to God in your hearts. Everything you say or do should be done in the name of the Lord Jesus, giving thanks to God the Father through him.

3

N _____ my fear by trusting God for peace.

Philippians 4:7 (GW)

Then God's peace, which goes beyond anything we can imagine, will guard your thoughts and emotions through Christ Jesus.

Isaiah 26:3 (GW)

With perfect peace you will protect those whose minds cannot be changed, because they trust you.

Isaiah 32:17-18 (GW)

Then an act of righteousness will bring about peace, calm, and safety forever. My people will live in a peaceful place, in safe homes and quiet places of rest.

"The secret is Christ in me, not me in a different set of circumstances... Peace is not the absence of conflict, but the presence of God no matter what the conflict."

– Elisabeth Elliot

4

T _____ my mind to think only about what is true.

Philippians 4:8 (GW)

Finally, brothers and sisters, keep your thoughts on whatever is right or deserves praise: things that are true, honorable, fair, pure, acceptable, or commendable.

"Whatever I feed grows – fear or faith – I choose."

– RML

**"Your life is always moving in the direction
of your strongest thoughts."**

– Craig Groeschel

John 8:31-32 (TPT)

Jesus said to those Jews who believed in him, “When you continue to embrace all that I teach, you prove that you are my true followers. For if you embrace the truth, it will release true freedom into your lives.”

5

E_____ what I learn by putting it into practice.

Philippians 4:9 (NLT)

Keep putting into practice all you learned and received from me— everything you heard from me and saw me doing. Then the God of peace will be with you.

Hebrews 13:7 (GW)

Remember your leaders who have spoken God’s word to you. Think about how their lives turned out, and imitate their faith.

My spiritual growth accelerates when I _____ faithful examples.

Philippians 4:10-13 (GW)

The Lord has filled me with joy because you again showed interest in me. You were interested but did not have an opportunity to show it. I’m not saying this because I’m in any need. I’ve learned to be content in whatever situation I’m in. I know how to live in poverty or prosperity. No matter what the situation, I’ve learned the secret of how to live when I’m full or when I’m hungry, when I have too much or when I have too little. I can do everything through Christ who strengthens me.

6

N_____ a lifestyle of generosity.

Philippians 4:14-18 (GW)

Nevertheless, it was kind of you to share my troubles. You Philippians also know that in the early days, when I left the province of Macedonia to spread the Good News, you were the only church to share your money with me. You gave me what I needed, and you received what I gave you. Even while I was in Thessalonica, you provided for my needs twice. It’s not that I’m looking for a gift. The opposite is true. I’m looking for your resources to increase. You have paid me in full, and I have more than enough. Now that Epaphroditus has brought me your gifts, you have filled my needs. Your gifts are a soothing aroma, a sacrifice that God accepts and with which he is pleased.

2 Facts about Generosity:

- **Generosity loosens money’s _____ on my heart.**
- **Generosity is the greatest declaration that I am _____ God.**

Psalms 112:5-6 (TPT)

Life is good for the one who is generous and charitable, conducting affairs with honesty and truth. Their circumstances will never shake them and others will never forget their example.

**“God’s commands and promises for the generous
have never changed.”**

– RML

Deuteronomy 15:10-11 (GNT)

Give to them freely and unselfishly, and the Lord will bless you in everything you do. There will always be some Israelites who are poor and in need, and so I command you to be generous to them.

7 T _____ God alone to supply all my _____.

2 Guarantees:

- God _____ my needs according to His riches
– not mine.
- God’s _____ flows from my relationship,
not my performance.

Psalms 23:1 (GNT)

The Lord is my shepherd; I have everything I need.

Romans 8:32 (NIV)

He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?



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The Path to Being Truly CONTENT

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Offer every anxiety to God through prayer.

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Worry is being anxious about a future I don't control; prayer is trusting the God who does.

- **Prayer shifts my worry to worship.**
- **Gratitude shifts my fear to trust.**

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