

Don't Worry. Be Happy:  
The Secret of Being Content  
Wylie United Methodist Church  
Pastor Jeff Hatcher – August 28, 2016

Philippians 4:4-13

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things. 9 Whatever you have learned or received or heard from me, or seen in me-put it into practice. And the God of peace will be with you. 10 I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been 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 everything through him who gives me strength.

• **CONTENTMENT IS LEARNED!**

Phi 4:12 I have LEARNED the secret of being content in any and every situation...

The Secret of Being Content is to...

I. **GIVE GOD THE SACRIFICE OF PRAISE**

Phi 4:4

Rejoice in the Lord always. I will say it again: Rejoice!

Heb 13:15

Through Jesus, therefore, let us continually offer to God a sacrifice of praise-the fruit of lips that confess his name.

The Secret of Being Content is to...

2. **PRAY, PRAY, PRAY!**

Phi 4:6

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

The Secret of Being Content is to...

3. **USE THE POWER OF POSITIVE THINKING**

Phi 4:8

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things.

What do I know to be true right now?

- I KNOW THAT GOD LOVES ME.

1 John 3:16

This is how we know what love is: Jesus Christ laid down his life for us.

- I KNOW THAT GOD IS WITH ME.

Hebrews 13:5

... God has said, "Never will I leave you; never will I forsake you."

- I KNOW THAT GOD WILL WORK THINGS TOGETHER FOR MY GOOD.

Romans 8:28,

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

- I KNOW THAT I AM GOD'S CHILD.

1 John 3:1

How great is the love the Father has lavished on us, that we should be called children of God!

Contentment results in...

4. **GOD'S INCOMPREHENSIBLE PEACE**

Phi 4:7

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.