

I Am Satisfied

Philippians 4:4-13



Reasons For Joy

- What has God blessed you with beyond what you need?
- How has God blessed you when you were in need?



Manage Your Thoughts

- We choose what we spend time thinking about
- Replace negative thoughts with things that are
 - True
 - Noble
 - Lovely and worthy of respect



Live In Contentment

- Contentment is a choice
- Contentment is a learned response
- Contentment is based on God's strength



Life Application

Work with “your person” this week to find a proactive behavior to help you live a satisfied life and how to trigger it to:

- Remember your reasons for joy
- Manage your thoughts
- Intentionally choose to be content

