



My notes: There will be typo's and grammar problems...this was writing with a lot of coffee...so please if you see a problem please make changes on your outline.. Praying for you guys!!

We live in a world where we are not content with the things we have..I see myself looking at instagram and wanting what others have and after about 20 mins on instagram I feel bad about who I am and what I don't have...and I feel like I need to workout more...eat better...dress better...go on a awesome vacation ..I don't know if you feel like me...but a lot of times I'm not content with anything that's why we are talking about contentment

CONTENTMENT

Content: a state of peaceful happiness, satisfied, pleased, not needing more.

If we are going to live in a state of peaceful happiness there are 3 things we have to do

1. APPRECIATE WHAT YOU HAVE

If you live in America you live in one of the wealthiest places on earth..if you have a car at your house a tv then you are doing all right... If you don't appreciate what we have we become not content with ourselves

"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." Philippians 4:11-13

"Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus." 1 Thessalonians 5:18

2. STOP WINDOW SHOPPING

The grass is always greener on the _____? Other side.. we are never satisfied...We need to stop looking at what others have and comparing ourselves with them..bc when when we compare we lose every time

"Just as Death and Destruction are never satisfied, so human desire is never satisfied." Proverbs 27:20

"And this world is fading away, along with everything that people crave. But anyone who does what pleases God will live forever." 1 John 2:17

3. DON'T LET YOURSELF GET EMPTY

When we take our eyes off of Jesus we become empty inside and start looking for other things to fill us up on the inside...and the world will promise the world but will leave you empty every time...spend time with Jesus.

"7 I once thought these things were valuable, but now I consider them worthless because of what Christ has done. 8 Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ 9 and become one with him." Philippians 3:7-9

"So you also are complete through your union with Christ" Colossians 2:10