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| lo |  | Marttell Sánchez  January 30, 2022  Message #15 / Philippians |
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**How to Stand through Anything**

Philippians 4:10-13

**The Main Idea**

You can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ through anything when your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is in Christ.

4:11

**What This *Doesn’t* Mean**

1. You’re not allowed to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ pain or sorrow.
2. You should \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your emotions with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ resolve.

**What This *Does* Mean**

Christian contentment is about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that Christ is always \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**How to Stand through Anything**

1. Notice the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have for you.

4:10

1. Believe that Jesus is truly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for you, no matter the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4:11-12

**REMEMBER 🡪** Contentment is not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to our circumstances.

**REMEMBER 🡪** Contentment is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ over many life experiences.

**REMEMBER 🡪** Contentment makes us \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Rely on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of Christ.

4:13

4:8-9

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**How to Stand through Anything**

Philippians 4:10-13

**The Main Idea**

You can **STAND** through anything when your **SATISFACTION** is in Christ.

4:11

**What This *Doesn’t* Mean**

1. You’re not allowed to **FEEL** pain or sorrow.
2. You should **SUPPRESS** your emotions with **STOIC** resolve.

**What This *Does* Mean**

Christian contentment is about **BELIEVING** that Christ is always **ENOUGH**.

**How to Stand through Anything**

1. Notice the **CARE** other **CHRISTIANS** have for you.

4:10

1. Believe that Jesus is truly **ENOUGH** for you, no matter the **CIRCUMSTANCE**.

4:11-12

**REMEMBER 🡪** Contentment is not **CONNECTED** to our circumstances.

**REMEMBER 🡪** Contentment is **LEARNED** over many life experiences.

**REMEMBER 🡪** Contentment makes us **FLEXIBLE**.

1. Rely on the **GRACE** of Christ.

4:13

**For Further Study**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Getting Started**

1. Share about a time that was difficult for you. Then share about a time that was joyous for you. What kinds of feelings did you experience in both of those times?

**Digging Deeper**

1. Read the following passages. In each passage, what kinds of hardships did Paul face?

* 1 Corinthians 4:11-13
* 2 Corinthians 6:4-5
* 2 Corinthians 11:24-27

1. Now read Philippians 4:11-12 again. How do Paul’s life experiences shed further light on what he means when he says, “I have learned the secret of being content in any and every situation”?

**Driving It Home**

1. How would you define Christian contentment? Where does it come from?
2. If time allows, spend some time praying for each other’s growth in contentment in Christ.