

# Prayer Updates

## JOY & BLESSINGS

Kenny & Catherine Besk welcome their first daughter, Maize James Besk born July 19.

## HOSPITALIZED & SURGERIES

Beth Duckart – surgery, colon cancer, words from Beth, “pray that God is glorified in everything and we can see the good”

Leslie Nelson – surgery

Ian Tupper (age 16) – at Stanford recovering from serious car accident, pray doctors have wisdom to get his infection under control

Mary Linder – complications from bypass surgery

Rosemary Baker – testing

## RECENT HOSPITALIZATIONS /SURGERIES

Dan Bailey, Michael Hoy, Susan Dubin

## HOSPICE CARE

Jane Evers home hospice care

## HOME WITH THE LORD

Dorothy “Jeannie” Rising passed peacefully into the presence of her Lord; she has been supported by two of our Stephen Ministers.

## Do you or someone you know need a Stephen Minister?

Stephen Ministers are now available to encourage individuals who have experienced a crisis or loss in their lives. If you know someone who could benefit from this ministry, please contact our Pastor of Care, Gary Williams, gary@tlc.org or 465-3395. Stephen Ministers receive 50 hours of training.

## We want to provide pastoral support...

Please call 465-3395 when someone is hospitalized, scheduled for surgery, becomes a shut-in, or in special need. Prayer support is available through our pastors and numerous prayer groups – call 689-9400. Please pick up a Prayer Update at the Information Desk or Welcome Center.

ENJOYING



## “The Secret of Contentment”

Message by René Schlaepfer, July 22 & 23, 2006

Philippians 4:9-13

“... I have **learned** to be **content** whatever the circumstances...” Philippians 4:11b

- “Learned”:  
Learned by \_\_\_\_\_
- “Content”:  
Not \_\_\_\_\_  
Not \_\_\_\_\_  
Not \_\_\_\_\_  
Abiding \_\_\_\_\_ no matter the circumstances.

## How I Can Learn True Contentment

### 1. Learn to \_\_\_\_\_

“... I have learned to be **content** whatever the circumstances.” Philippians 4:11b

“A heart at peace gives life to the body, but **envy** rots the bones.” Proverbs 14:30

“Godliness with **contentment** is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be **content** with that.” 1 Timothy 6:6-8

### Misconceptions about happiness:

- I must have what \_\_\_\_\_ to be happy
- I must have \_\_\_\_\_ to be happy
- I must have \_\_\_\_\_ to be happy

### 2. Learn to \_\_\_\_\_ to changing circumstances

“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.” Philippians 4:12

“We do not look at what we can see right now, the troubles all around us, but we look forward to the joys in heaven... The troubles will soon be over, but the joys to come will last forever.” 2 Corinthians 4:18

### 3. Learn to \_\_\_\_\_

“I have **learned the secret** of being content... I can do everything through Him who gives me strength.” Philippians 4:12b,13

“But God said to me, ‘My grace is sufficient for you, for my power is made perfect in your weakness.’” 2 Corinthians 12:9

### 4. Learn to \_\_\_\_\_ to \_\_\_\_\_ and \_\_\_\_\_ my needs

“Yet it was good of you to share in my troubles... you sent me aid again and again when I was in need... And my God **will meet all your needs** according to His glorious riches in Christ Jesus.” Philippians 4:14,16,19

# Daily Meditations

Brief daily devotions based on this week's topic

You'll find the Memory Verse at the bottom right corner so you can conveniently cut it out and keep it.

## Monday

Read 2 Corinthians 11: 24–28 and Philippians 4:11–12. According to these verses, Paul had seen it all: pain, suffering, hunger. Yet Paul says he learned to be content. This is only possible because contentment doesn't mean an abundance of things; contentment is an inner adjustment to outer circumstances.

On a scale of 1–10, 10 being extremely content, how content are you? What particular thing or relationship have you thought would make you more content? How did that impact your life?

How are you currently struggling with feeling content?

Why don't more things, or the relationships you want, necessarily lead to more contentment?

*Thank God today that He knows exactly what you need. Ask Him to help you make an inner adjustment to the outward circumstances that might threaten your contentment.*

## Tuesday

Read Philippians 4:9–13. Paul says he learned to be content. Even Paul had to learn contentment — it doesn't just come naturally. How did Paul learn contentment?

Think about your life. When have you learned the lesson of contentment? What were the circumstances surrounding that? How have you applied that to your life?

*Thank God today that He walks with you each step of the way and knows all about your wants and struggles with feeling content. Pray that as both trials and good times come your way that you will learn contentment in all circumstances.*

## Wednesday

Read 2 Corinthians 4:7–18. Why is it important to look far ahead and not just at the circumstances you are in now? How can a view toward the future you have in Christ help you practice contentment now?

In this passage, how does Paul characterize our current problems? How could he say this of his own troubles, which were actually threatening his life?

Think about your current circumstances. What troubles are you dealing with right now? How could applying these verses impact your attitude and your sense of contentment?

## Wednesday (continued)

*Thank God today that He has prepared a home for you in heaven. Ask God to help you focus on that and give you perspective on your life — both good times and bad.*

## Thursday

Read 1 Timothy 6:6–10. According to these verses, what is one of the most common reasons for a lack of contentment? How do you fall into this trap? How does society feed discontent?

Write down three things you can do to remain contented in a culture that is always trying to sell you something:

- 1.
- 2.
- 3.

*Thank God today for all the ways He's provided for your material needs — be specific! Talk to God about your struggles with material discontentment. Pray that you will increasingly see God as your source of contentment. Ask God to use the changes He makes in your life as an encouragement to those around you.*

## Friday

Read 2 Corinthians 12:8–10. In these verses, Paul writes about a “thorn in the flesh” — apparently some sort of physical ailment — that he pleaded with God to remove. What happened to Paul and his thorn? What did Paul say about learning to live with his pain?

God told Paul that His grace was sufficient for Paul's struggle. How can you apply this same principle to be content even when physically suffering? Think about some of the people you know who struggle with illness. How does practicing contentment change their attitude? What can you learn from their example?

*Thank God today that whether you are physically strong or weak His grace is sufficient for each step of your day. Pray that you will realize that more and more. Ask God to give you the opportunity to encourage someone who struggles physically.*

## Saturday

*Please finish any devotions you may have missed and polish up the memory verse. Looking back over this week's passage in Philippians, what has meant the most to you? How will you apply that to your life? Please pray for the services this weekend and thank God for His grace extended to you!*



*“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. I can do everything through him who gives me strength.” Philippians 4:12,13*

*Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.*

Deuteronomy 31:6

*“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”*

Jeremiah 29:11

*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.*

Romans 8:28

*The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.*

Deuteronomy 31:8

*“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear.”*

Matthew 6:25

*I can do everything through him who gives me strength.*

Philippians 4:13

*The LORD is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song.*

Psalms 28:7

*“Who of you by worrying can add a single hour to his life?”*

Matthew 6:27

*And my God will meet all your needs according to his glorious riches in Christ Jesus.*

Philippians 4:19

*When I said, “My foot is slipping,” your love, O LORD, supported me. When anxiety was great within me, your consolation brought joy to my soul. The LORD has become my fortress, and my God the rock in whom I take refuge.*

Psalms 94:18–19,22

*“So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.”*

Matthew 6:31–33

*Cast all your anxiety on him because he cares for you.*

1 Peter 5:7