



## **Philippians 4:9-13**

### **The Secrets to Joy**

- 1) **Resolve:** by deciding that your joy will be in Jesus alone
- 2) **Relax:** anticipating the return of judge Jesus
- 3) **Remember:** God has your problems under full control
- 4) **Respond:** by focusing your energy where it matters
- 5) **Request:** asking God to be God and letting God be God
- 6) **Receive:** enjoy peace in your mind and heart
- 7) **Refocus:** by filling your mind with blessings
- 8) **Reform:** Adjust your lifestyle to match the truth that you know

### **The Secrets to Contentment**

- 1) Contentment comes by being confident in God's providence
- 2) Contentment comes by being grateful for God's provision
- 3) Contentment comes by being sure of God's power