

Stress-Free Living
Enjoying the Rest of Your Life
Philippians 4:10-23

- I. Learning to be content - 4:10-12
 - A. How?
 - 1. Stop comparing
 - 2. Stop the obsession to have more
 - 3. Accept life's changes
- II. Leaning on God's power - 4:13
 - A. Strengthens - Eng. word for dynamite
 - B. What do we tend to lean on?
 - 1. People
 - 2. Possessions
 - 3. Popularity
 - 4. Pleasure
- III. Living generously - 4:14-18
 - A. Investing in ministry pays dividends
 - 1. Account - business term. Accrue interest
 - 2. Proverbs 11:25
 - B. The source of encouragement and refreshing is in refreshing others
 - 1. Luke 6:38
- IV. Letting God meet your needs - 4:19-23
 - A. The premise starts with a relationship
 - B. Our true satisfaction comes only in Christ
- V. Change Point: A completely fulfilled life will only happen as I commit to trusting God's power for fulfillment and investing in others