



...the Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control. Galatians 5:22-23 (GWT)

- Joy is an optimism we have in life based on the presence of God and the character of God.

Two disciplines that develop joy:

Stop worrying and change your thoughts.

- Start doing what you know you should do but always thought you couldn't do.
- 9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. Philippians 4:9a (NLT)
- 22 But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. James 1:22 (NLT)
- 10 The Lord has filled me with joy because you again showed interest in me. You were interested but did not have an opportunity to show it. Philippians 4:10 (GWT)

- Nothing fills us with joy like being loved by the church.
- 35 By this everyone will know that you are my disciples, if you love one another. John 13:35 (NIV)
- 11 I'm not saying this because I'm in any need. I've learned to be content in whatever situation I'm in. I know how to live in poverty or prosperity. No matter what the situation, I've learned the secret of how to live when I'm full or when I'm hungry, when I have too much or when I have too little. Philippians 4:11-12 (GWT)

Paul is not saying:

- You will always have an abundance.
- 12 I know how to live in poverty or prosperity. No matter what the situation, I've learned the secret of how to live when I'm full or when I'm hungry, when I have too much or when I have too little. Philippians 4:12 (GWT)

Paul is saying:

- You will always have enough.

Content: The ability to see our current condition as sufficient or enough. To be satisfied in life.

He cares for them when times are hard; even in famine, they will have enough. Psalm 37:19 (TLB)

Enough means:

- Having enough is not about the amount we have but the satisfaction in what we have.

For he satisfies the longing soul, and the hungry soul he fills with good things. Psalm 107:9 (ESV)

We'll never have satisfaction with life without intimacy with the one that has provided life.

- Having enough is not about having what we want but trusting that God knows what we need.

"**Wants**" are things we desire to enhance life.

"**Needs**" are the things we must have for life.

And don't be concerned about what to eat and what to drink. Don't worry about such things. These things dominate the thoughts of unbelievers all over the world, but your Father already knows your needs. Seek the Kingdom of God above all else, and he will give you everything you need. Luke 12:29-31 (NLT)

We'll never experience enough in life without a deep seated trust in the God who knows our needs in life.

- Having enough is not about what we are lacking, it's accepting that what God provides is sufficient.

4 ...The Lord is the provider for my life. Psalm 54:4 (GWT)

8 God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others. 2 Corinthians 9:8 (NLT)

We'll never experience enough in life until God is the one who satisfies our life.

The secret to being content:

- Focus on who you have, not what you have.

I have the strength to face all conditions by the power that Christ gives me. Philippians 4:13 (GNT)

Whatever I have, wherever I am, I can make it through anything in the One who makes me who I am. Philippians 4:13 (MSG)

We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy... Colossians 1:11 (NLT)

"You may never know that Jesus is all you need, until Jesus is all you have." Corrie ten Boom

- Focus on the promise, not the problems.

You can be sure that God will take care of everything you need, his generosity exceeding even yours in the glory that pours from Jesus. Philippians 4:19 (MSG)



**TO CREATIVELY LOVE AND LEAD PEOPLE
IN A GROWING RELATIONSHIP WITH JESUS.**

Questions for Connection Groups:

These questions also work well for personal time with God.

- Was there a scripture and/or point that spoke most to you from the Talk on Sunday? Explain why?
- In your own words, talk about the difference between happiness and joy.
- Have you experienced joy from being loved by your church? Explain
- Do you find it difficult to live in this world and be content? Why is contentment important to having joy?
- Do you think that we base our contentment on abundance? Is having enough really enough for us?
- Do you think that we are satisfied with what we have? How does intimacy with God bring satisfaction with life in general?
- Do you believe that God knows what you need? Do you trust God to provided for your needs?
- Do you accept that what God provides for you is enough? Are you satisfied with what you have? How do we balance the desire to better our lives with a satisfaction of what we have?
- How does focusing on who we have (God) develop contentment in us?
- In your own words, what does Corrie ten Boom's statement mean to you?
- Do you believe that God will provide for ALL of your needs? How do we keep focused on that promise when times are difficult or fearful?

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