

# Overcoming the Ups and Downs of Life

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## I. Introduction.

- A. Text: Philippians 4:10.
- B. We have to learn to deal with the changing seasons in life.

## II. Learning to overcome difficulties is a learning process.

- A. Life is always changing, so it is difficult to adapt.
- B. Paul was always learning.

## III. Overcoming difficulties is a lesson we must learn that leads to contentment in life.

- A. This is a testimony to nonbelievers.
- B. Being able to live in a situation where needs are not being met in contentment is living without resentment and anger.
- C. The secret to contentment is simple. (Philippians 4)
- D. Not many can say that they are content in all things.
- E. Paul could do all things through Christ.

## IV. The key to contentment is learning to bring God's power into one's weakness.

- A. The key is to say, "I can through Christ."
- B. God's presence in us (Christ in us) equals His power through us.
- C. The believer already has this power in Him.

## V. Requirements.

- A. Submitting one's will to Christ's will.
- B. Trusting God in one's circumstances.

## Application questions:

1. What does true contentment look like?

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2. What situations do you struggle to attain contentment?

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3. Why is contentment so hard when it seems so simple? Explain.

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