Overcoming the Ups and Downs of Life
Charles Stanley

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?
2. What situations do you struggle to attain contentment?
________________________________________________________________________
________________________________________________________________________

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