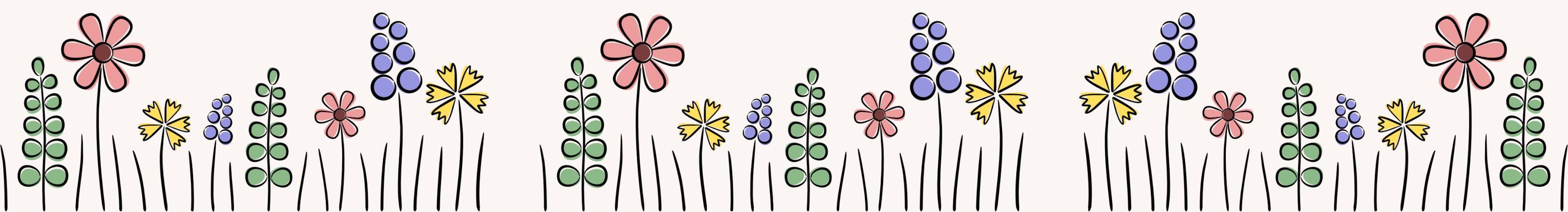




PAUL'S SECRET



Philippians 4:4-13

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable —if anything is excellent or praiseworthy— think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

10 I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. 11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances.

12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength.

2 Corinthians 11:24-28

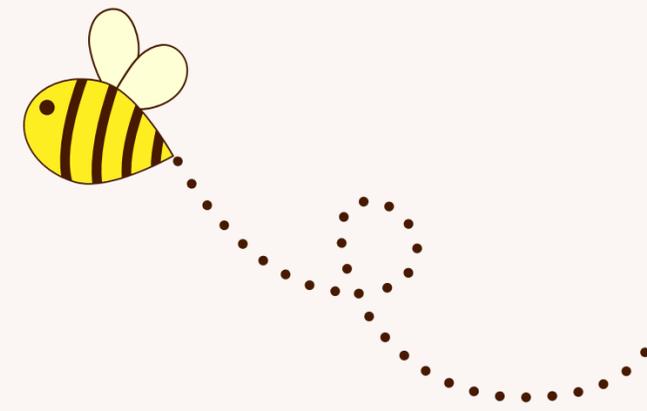
24 Five times I received from the Jews the forty lashes minus one. 25 Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea,

26 I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false believers.

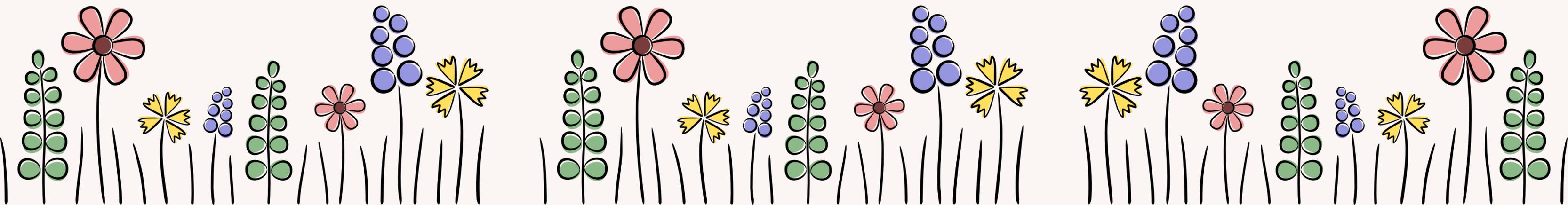
27 I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked. 28 Besides everything else, I face daily the pressure of my concern for all the churches.

1 Timothy 6:6-8

6 But godliness with contentment is great gain. 7 For we brought nothing into the world, and we can take nothing out of it. 8 But if we have food and clothing, we will be content with that.

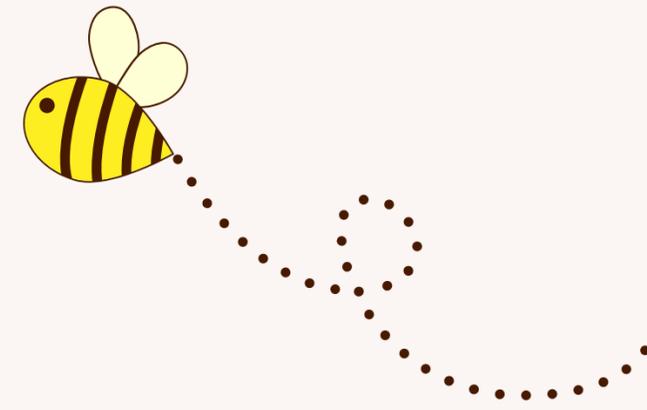


**Key #1 - Keep your heart and
mind focused on eternal things**

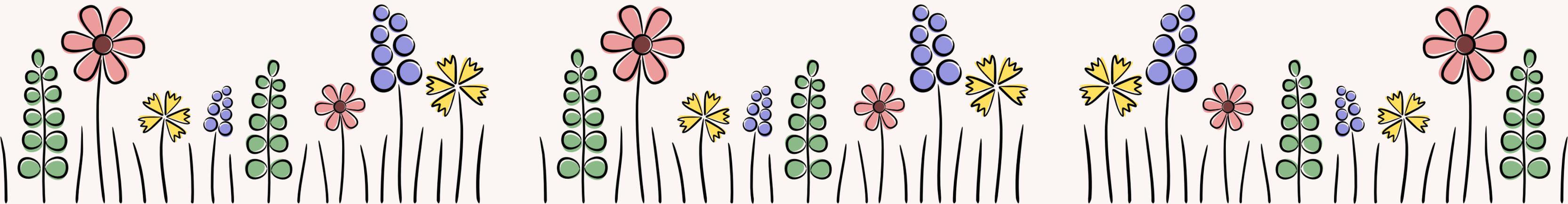


Colossians 3:2

**2 Set your minds on things
above, not on earthly things.**

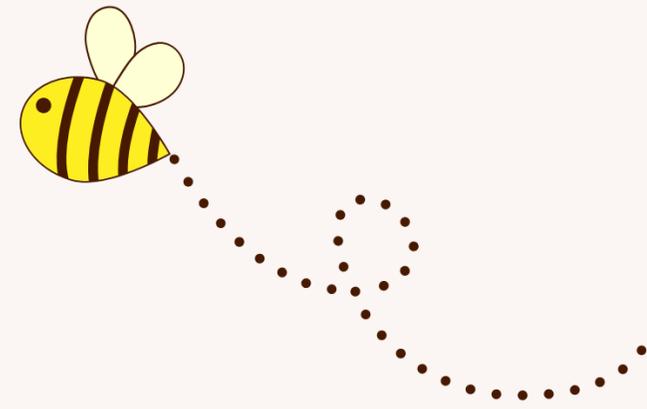


Key #2 - Learn from others



Hebrews 13:7-8

7 Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith. 8 Jesus Christ is the same yesterday and today and forever.

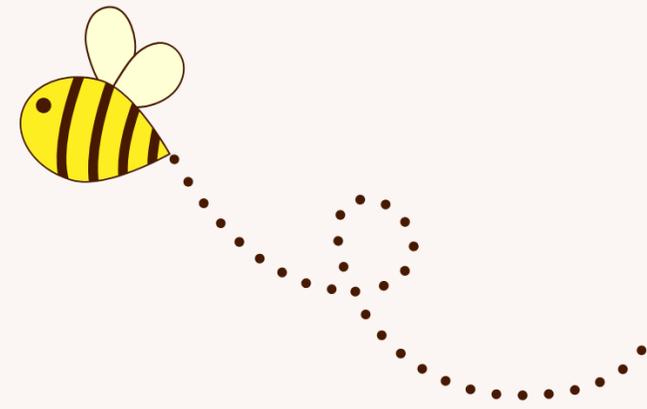


Key #3 - Remember who you belong to

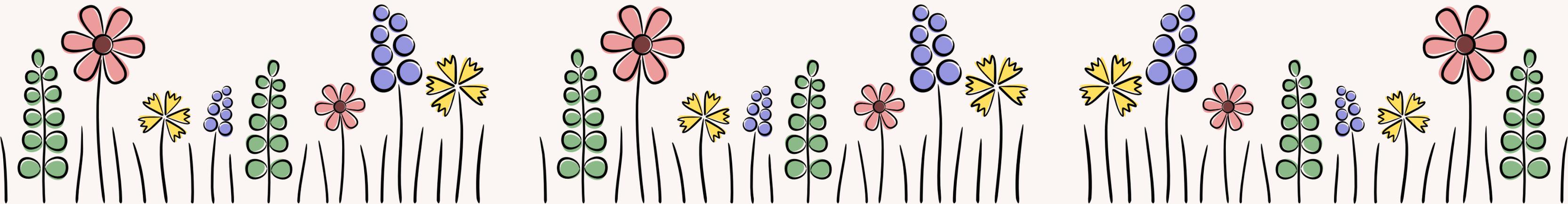


1 Corinthians 6:19b-20

19b You are not your own; 20 you were bought at a price. Therefore honor God with your bodies.



Key#4 - We must learn the sufficiency of Christ



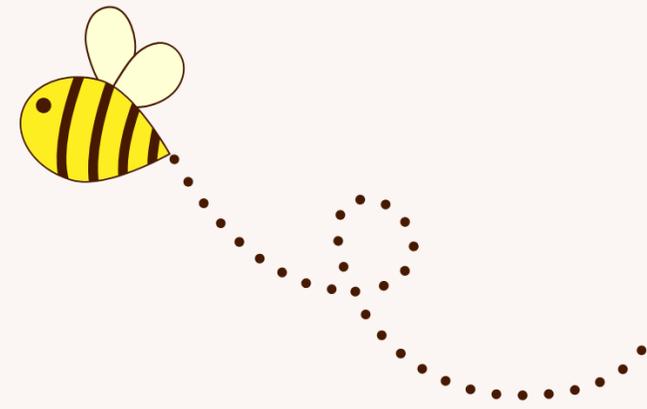
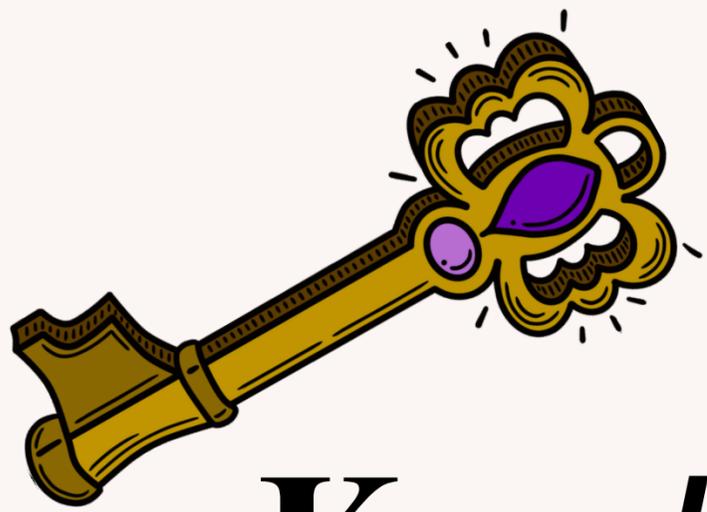
2 Corinthians 12:8-10

8 Three times I pleaded with the Lord to take it away from me. 9 But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

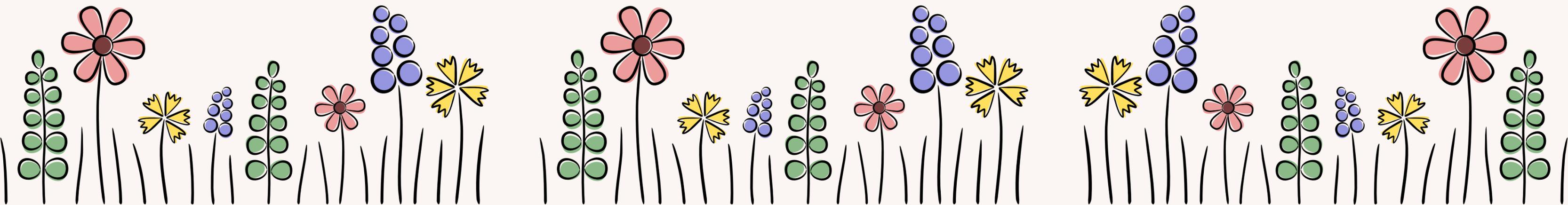
**10 That is why, for Christ's sake, I
delight in weaknesses, in insults, in
hardships, in persecutions, in
difficulties. For when I am weak,
then I am strong.**

Matthew 6:33

**33 But seek first his kingdom
and his righteousness, and all
these things will be given to
you as well.**



**Key #5 - We must learn to have
confidence in our relationship with
God through Jesus Christ.**



Psalm 46:1-3

**1 God is our refuge and strength,
an ever-present help in trouble.**

**2 Therefore we will not fear,
though the earth give way**

and the mountains fall into the heart of the sea,

**3 though its waters roar and foam
and the mountains quake with their surging.**