

Walking with Contentment

- What makes you happy in life?
- How long does this happiness last for?
- How much satisfaction do you truly get? Can it sustain you?

King Solomon's pursuit for happiness

- “Everything is meaningless”
 - “Wisdom is meaningless”
 - “Pleasures are meaningless”
 - “Toil is meaningless”
 - “Riches are meaningless”
-
- King Solomon is not saying these things are not important
 - If you choose to make these things your main purpose in life, it will be meaningless because they will never fully satisfy you

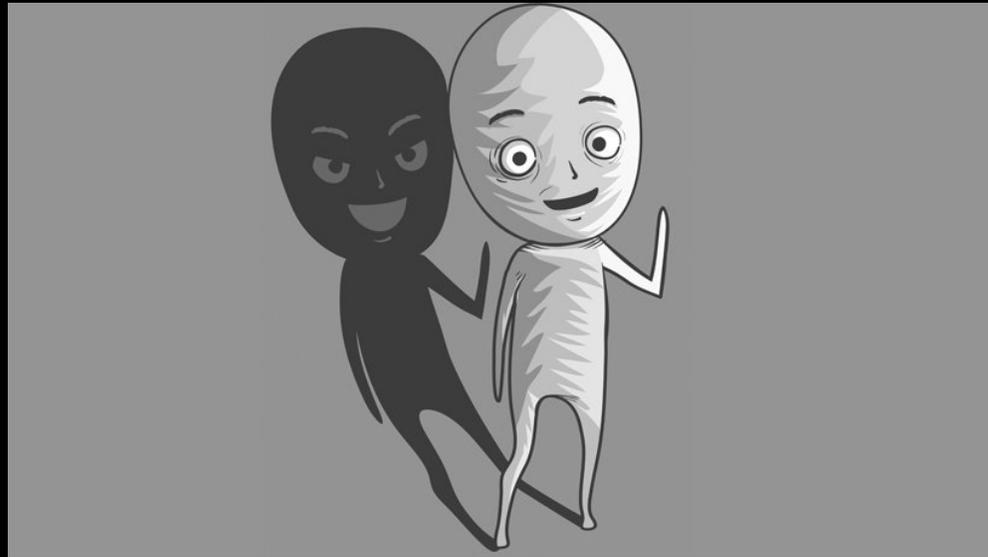


¹¹ I am not saying this because I am in need, for I have learned to be content **whatever the circumstances**. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the **secret** of being content in **any and every situation**, whether well fed or hungry, whether living in plenty or in want. ¹³ I can **do all this** through Him who gives me strength.

Philippians 4:11-13

Paul the Apostle

How do you walk?



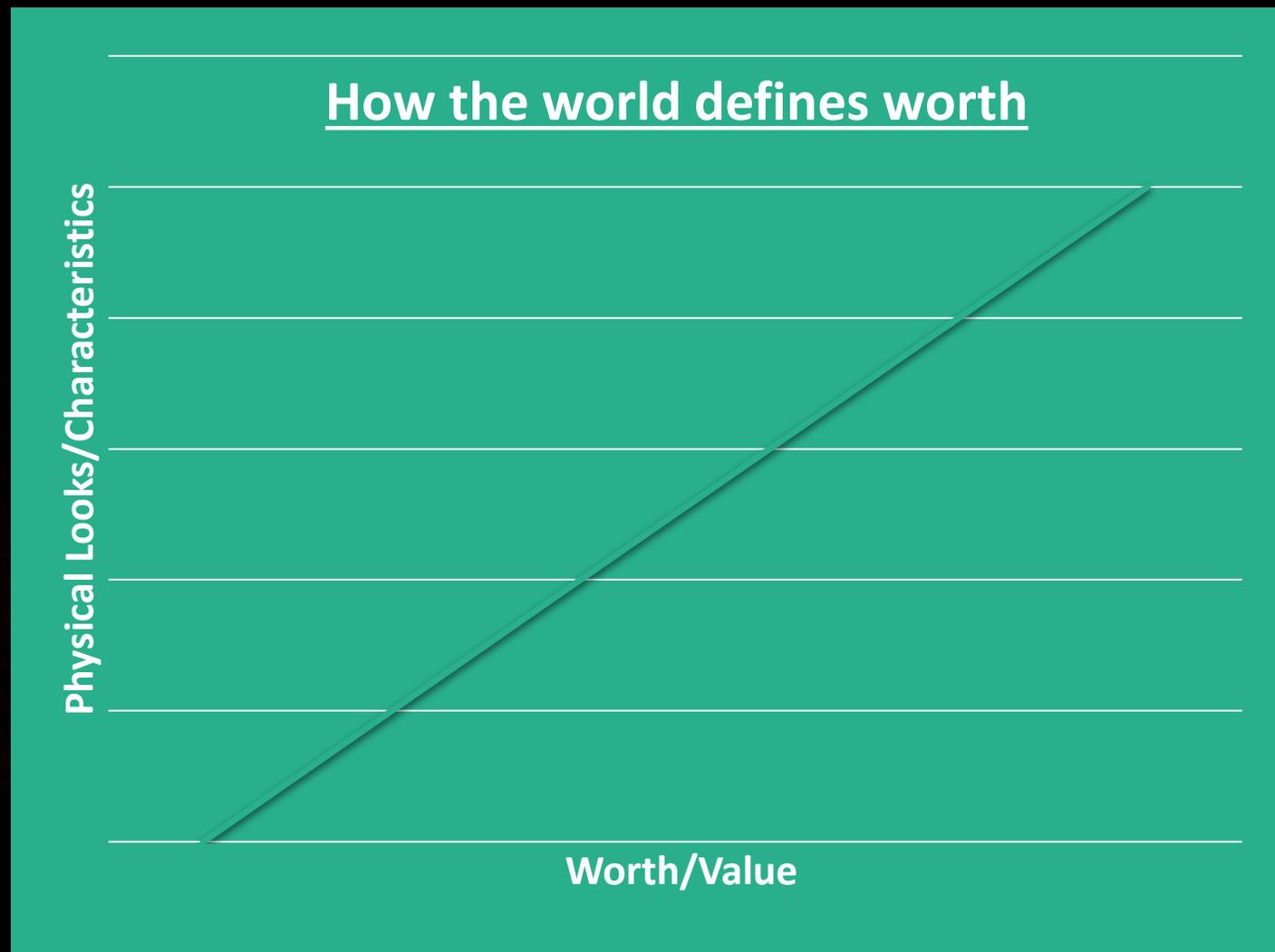
STUDIES

“God, how do I be content with my studies?”

- Don't allow yourself to be defined by a grade, a letter, a number, a percentage. That is not where your worth comes from
- God gave us a greater purpose beyond studies
- God has blessed each of us with a unique set of spiritual gifts for us to extend His kingdom
- There will be things you will achieve for God that I will never be able to do, and vice versa
- Don't be jealous of others – God has allocated a special and unique calling over your life. Do you know what it is?

SELF-IMAGE

“God, how do I be content with my looks?”





DAMNNNNN — with Josh Yong, Younsoo Park and Chantelle Gizycki.

Tag Photo

Suggest Location

15

4 Comments 1 Share

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Chantelle Gizycki Wow. Such Handsome.

1

4y · Like



Marshall Chen Much picture. So like.

1

4y · Like



Josh Yong still as handsome as back then

4y · Like



Write a comment...





Stephen Nguyen ▸ Josh Yong



May 15, 2016 near Melbourne · 🧑‍🤝‍🧑

○ Allowed on timeline ▼

HAPPY birthdayyyy — with Josh Yong.

📌 Tag Photo

📍 Suggest Location

👍 You, Daniel Yong, Audrey Lim and 17 others 1 Comment

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💬 Comment



Sean Lim HAHAAHA Josh Yong. So this was it. LOL hahahahaha

Like · Reply · 2y

👍 1



Write a comment...



“God, how do I be content with my looks?”

²⁷ So God created mankind in his own image,
in the image of God he created them;
male and female he created them.

Genesis 1:27

¹⁴ I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.

Psalms 139:14

“God, how do I be content with my looks?”

⁷ But the LORD said to Samuel, “Do not look on his appearance or on the height of his stature, because I have rejected him. For the LORD sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart.”

1 Samuel 16:7

- What does your heart look like?

“God, how do I be content with my looks?”

- Who did Jesus hang out with?
- Who are the rejects in your world?
 - How do you treat them?
 - Do you judge them based on their outward appearance?
- God doesn't judge you based on your physical
- You don't need to impose that standard on yourself
- You shouldn't impose that standard on other people

SELF-ESTEEM

“God, how do I be content when life doesn’t seem to be going my way?”

- My studies aren’t that great
- My family is struggling financially
- I’m having trouble making friends
- I get bullied
- I have no sense of direction in life
- I’m a Christian but I can’t break free from a certain sin

²⁰And surely I am with you always, to the very end of the age.”

Matthew 28:20

- This is a promise and a reassurance
- How do you live your life knowing that He is with you at all times?

Provision

¹⁵ She went away and did as Elijah had told her. So there was food every day for Elijah and for the woman and her family. ¹⁶ For the jar of flour **was not used up** and the jug of oil **did not run dry**, in keeping with the word of the LORD spoken by Elijah.

1 Kings 17:15-16

²⁵ “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and **yet your heavenly Father feeds them.**

Matthew 6:25-26

Bullying and Rejection

- ³⁶ The soldiers also came up and **mocked him**. They offered him wine vinegar ³⁷ and said, “If you are the king of the Jews, save yourself.”
- ³⁸ There was a written notice above him, which read: **THIS IS THE KING OF THE JEWS.**
- ³⁹ One of the criminals who hung there **hurled insults at him**: “Aren’t you the Messiah? Save yourself and us!”

Sadness and lack of direction in life

¹⁸ The LORD is close to the brokenhearted
and saves those who are crushed in spirit.

Psalm 34:18

⁵ Trust in the LORD with all your heart
and lean not on your own understanding;
⁶ in all your ways submit to him,
and he will make your paths straight.

Proverbs 3:5-6

God's love for us

³⁸ For I am convinced that neither death **nor** life, neither angels **nor** demons, neither the present **nor** the future, **nor** any powers, ³⁹ neither height **nor** depth, **nor** anything else in all creation, will be able to separate us from the **love of God** that is in Christ Jesus our Lord.

Romans 8:38-39

¹² as far as the east is from the west,
so far has he **removed our transgressions from us.**

Psalms 103:12

God's desire for us to be with Him

- ¹⁸ I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. ¹⁹ I am no longer worthy to be called your son; make me like one of your hired servants.' ²⁰ So he got up and went to his father.
- "But **while he was still a long way off**, his father saw him and was **filled with compassion** for him; he ran to his son, **threw his arms around him and kissed him.**
- ²¹ "The son said to him, 'Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.'
- ²² "But the father said to his servants, 'Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. ²³ Bring the fattened calf and kill it. Let's have a feast and celebrate. ²⁴ For this son of mine was dead and is alive again; he was lost and is found.' So they began to celebrate.

Luke 15:11-32

Why I choose to depend on Jesus

- He is a reliable anchor when the storms come
- He created me
- He loves me
- He gave me a purpose
- He gives me the strength and grace to get through and do all things

Not obstacles, but opportunities

- To have the confidence in who God is
- To be satisfied in what He has done for you on the cross
- To invite Him into your circumstance for a miracle and breakthrough
- To receive His forgiveness, love, grace and strength
- To make you mature in your faith and to be more like Christ

A final quote

“When you squeeze a lemon, lemon juice comes out”

“When you squeeze an orange, orange juice comes out”

“When you squeeze a Christian, Jesus comes out”

Nathan Sgarlata – Power to Change

Discussion

- Are you content with your life right now? If yes, why? If no, why? Be honest
- What are your sources of happiness? Do they satisfy you?
- How do you “walk”?
- What are your greatest struggles in life?
- Do hardships in life ultimately take you closer to God or further away from Him?
- How can we support you through your life struggles?