



Welcome to  
Heart-to-Heart!



Putting on the Armor of Light...  
by BEING CONTENT IN MY CIRCUMSTANCES

Week 3 | 02.22.12 (AM) | 02.27.12 (PM)



## **Emotional Abuse:**

Intentional actions, attitudes or words that are degrading, puts one down, makes one feel or believe they are stupid.



**What do you wish were different in your life?**

*Write about a situation or relationship  
in which you are regularly discontent.*

<sup>18</sup>But the path of the [uncompromisingly] just and righteous is like the light of dawn, that shines more and more (brighter and clearer) until [it reaches its full strength and glory in] the perfect day [to be prepared]. <sup>19</sup>The way of the wicked is like deep darkness; they do not know over what they stumble.

Proverbs 4:18, 19



If we do not learn to be **CONTENT** in life,  
we will soon develop **RESENTMENT** about life.”

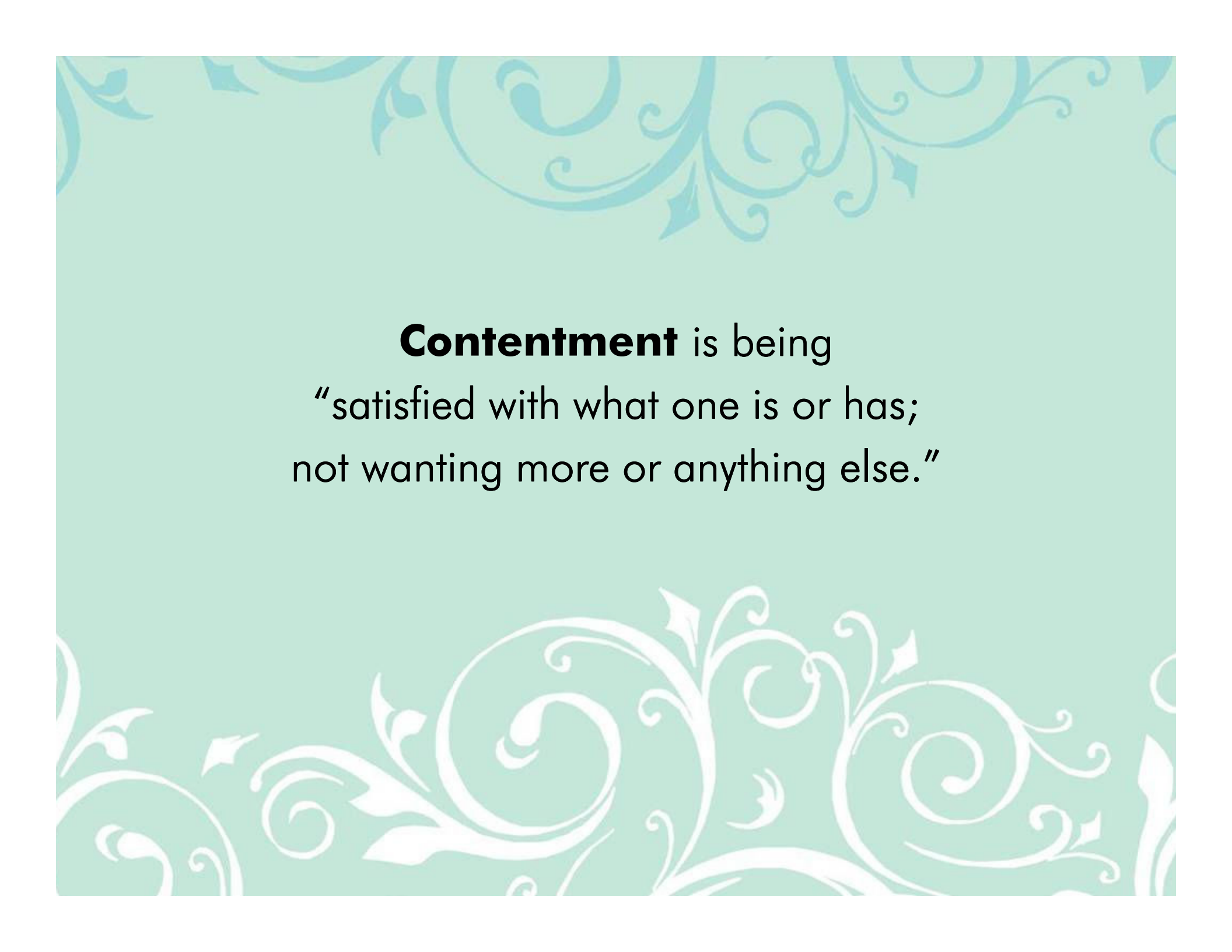


Philippians 4:11-13

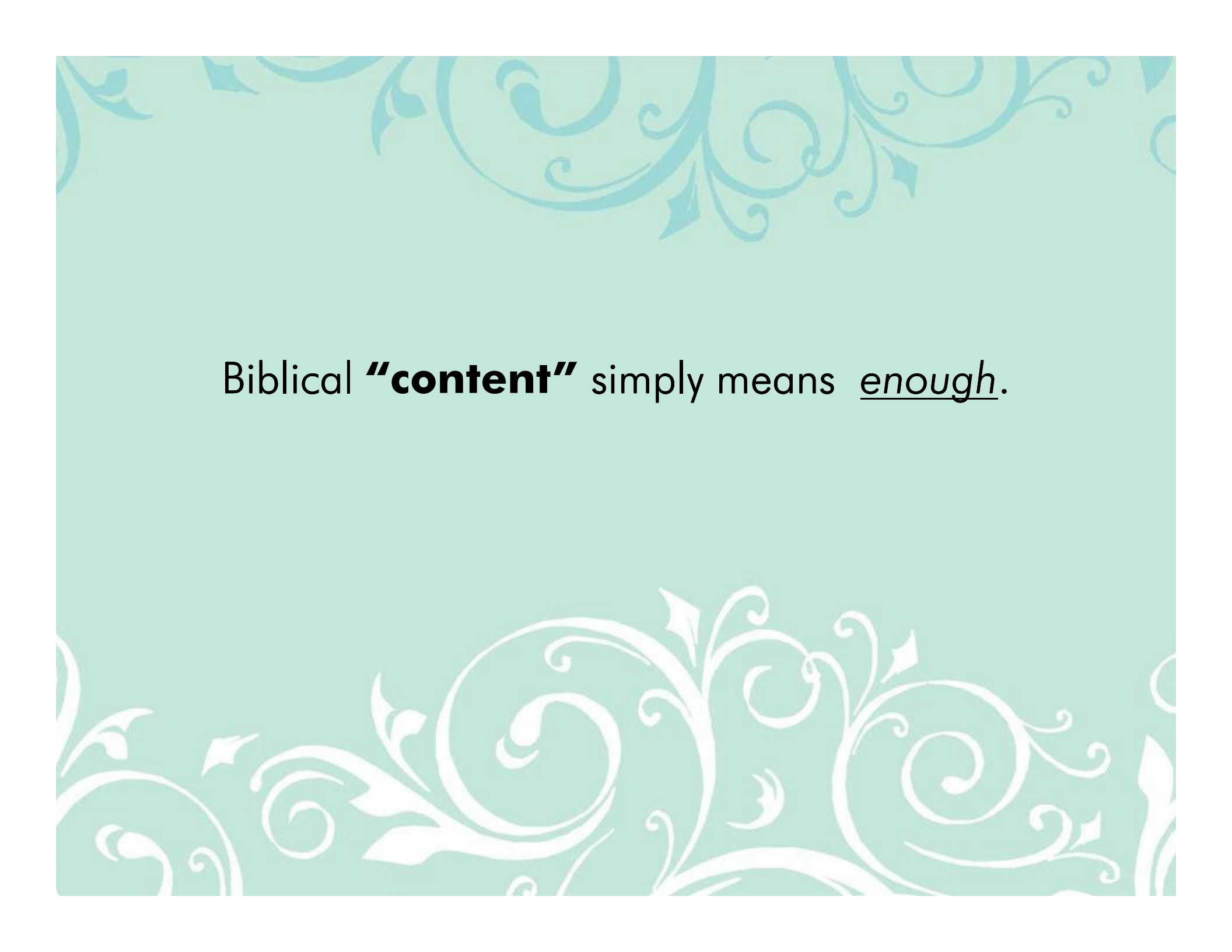
“Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God. And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus.”

Philippians 4:6, 7 (Amplified Bible)

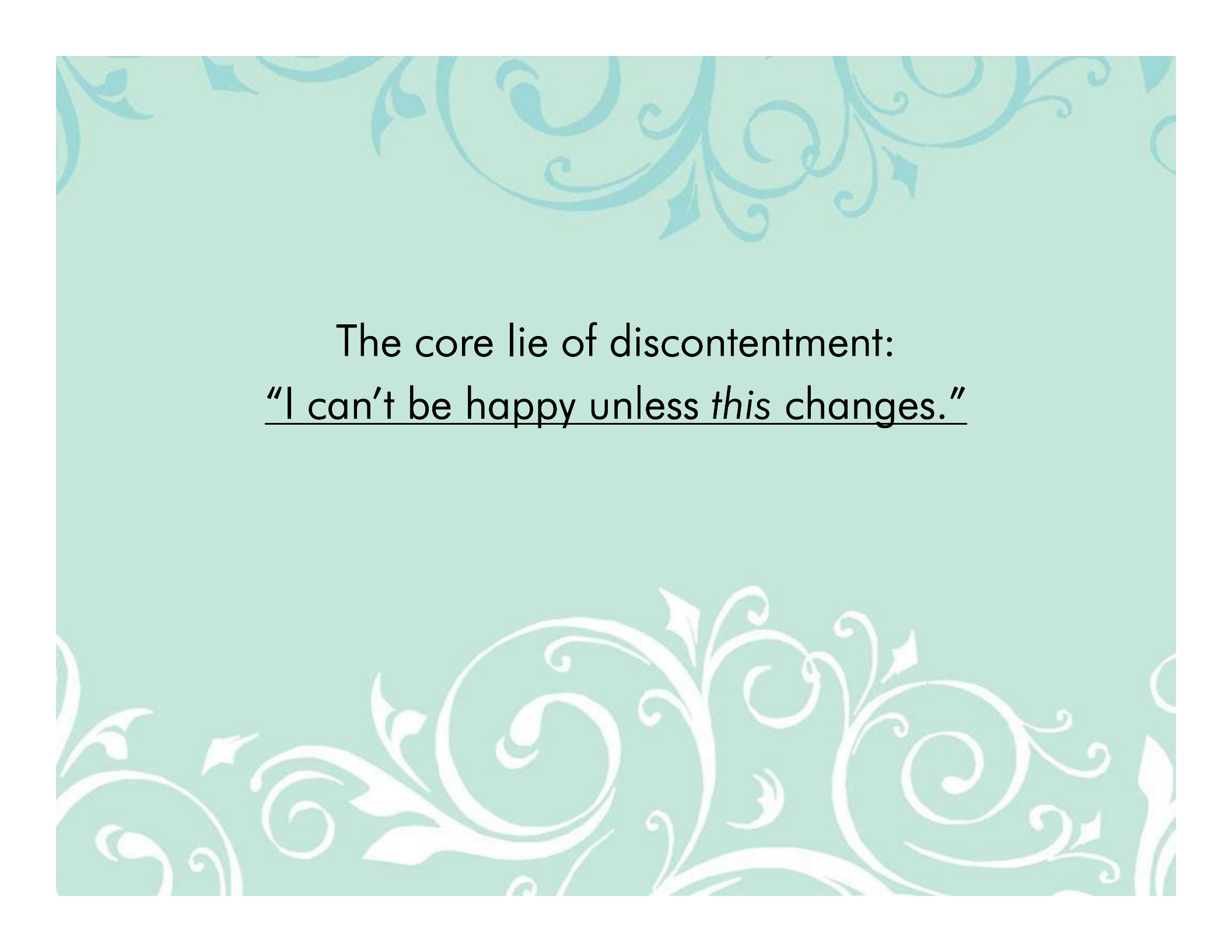




**Contentment** is being  
“satisfied with what one is or has;  
not wanting more or anything else.”



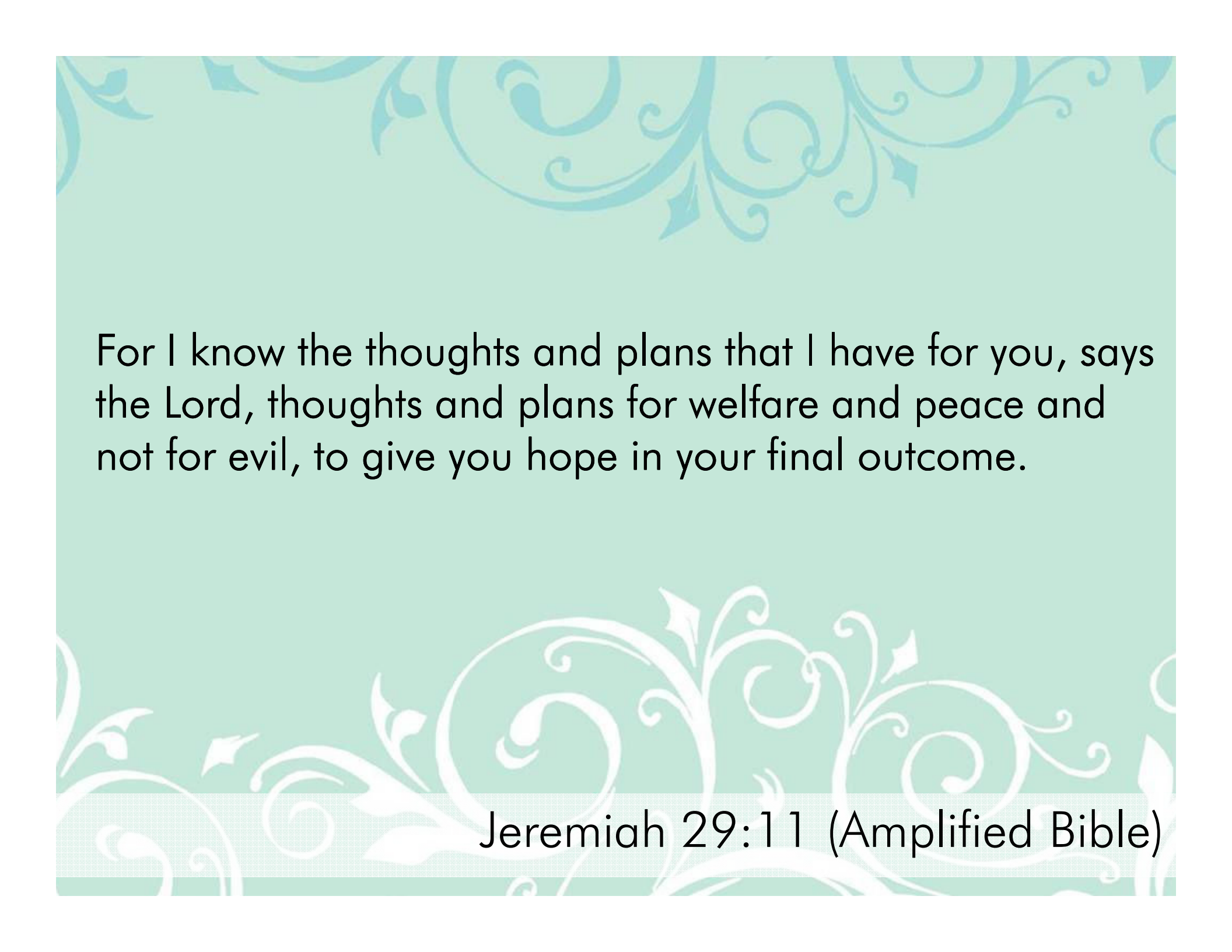
Biblical **“content”** simply means enough.



The core lie of discontentment:  
"I can't be happy unless *this* changes."



Jeremiah 29:1-14



For I know the thoughts and plans that I have for you, says the Lord, thoughts and plans for welfare and peace and not for evil, to give you hope in your final outcome.


Jeremiah 29:11 (Amplified Bible)

## *A Prescription for Contentment:*

- **STAY** [Philippians 2:1,2; Matthew 11:6]
- **SAY** [John 14:1-3]
- **SEEK** [Psalm 69:32, 33 (AMP)]



**STAY** flexible with people and soft-hearted toward God.

The background of the slide is a light teal color. It features decorative floral and scrollwork patterns. At the top, there are teal-colored scrolls and leaves. At the bottom, there are white scrolls and leaves. A horizontal band with a fine grid pattern runs across the bottom, partially overlapping the white floral design.

For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit.

Romans 14:17 (NIV 1984)





Jeremiah 29:8-11

God is saying,

“When you find yourselves in land of Babylon,  
a place you don’t want to be,  
I don’t want you to be confused about my intentions ...”

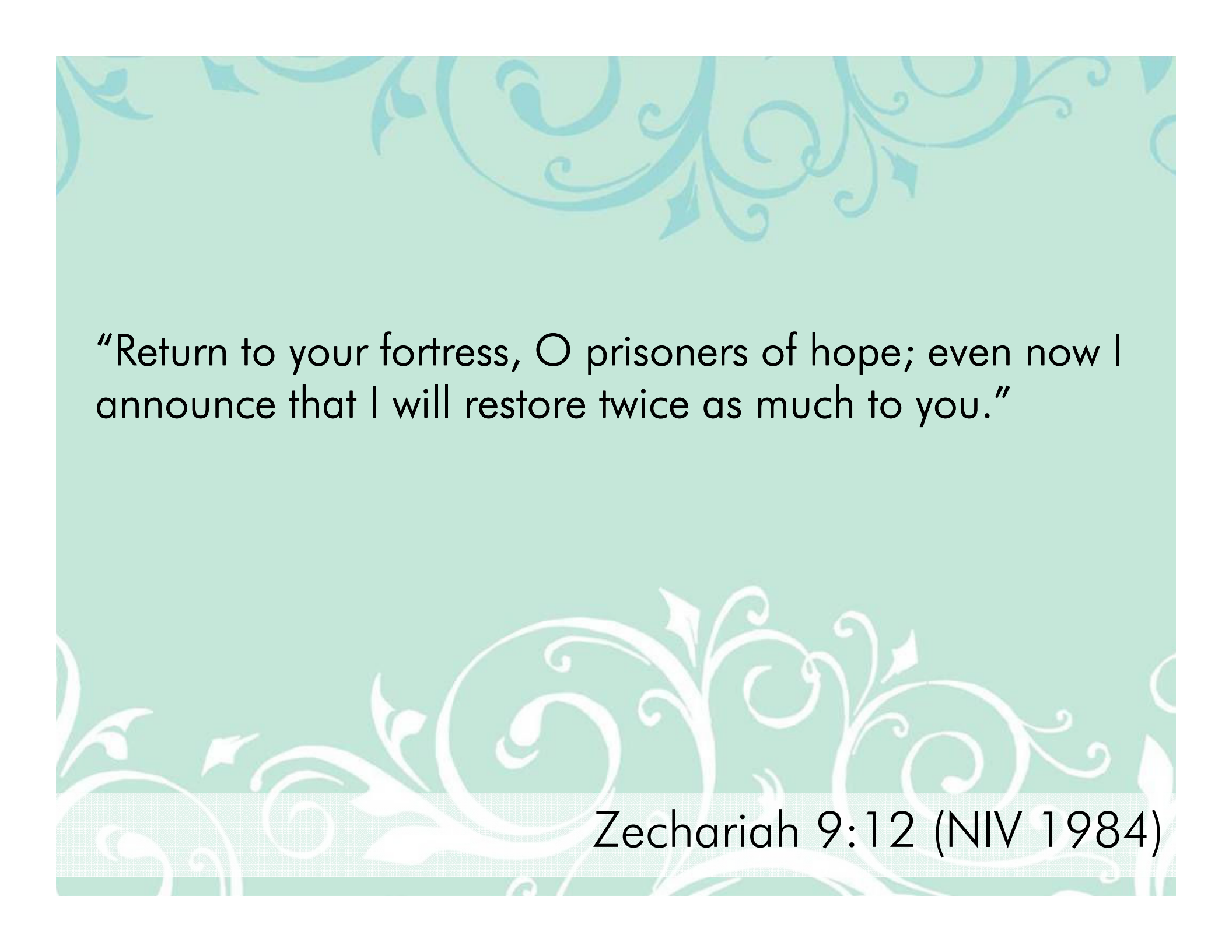


**SAY** often, "This world is not my home."

**SEEK** the Lord at every turn.

The humble shall see it and be glad; you who seek God, inquiring for and requiring Him [as your first need], let your hearts revive and live! For the Lord hears the poor and needy and despises not His prisoners (His miserable and wounded ones).

Psalm 69:32, 33 (AMPLIFIED BIBLE)



“Return to your fortress, O prisoners of hope; even now I announce that I will restore twice as much to you.”

Zechariah 9:12 (NIV 1984)

