

## **“Celebrating the Gift of Change”**

Philippians 4:10-13; Matthew 6:25-34

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God actually expects us to live a life free from worry, fear, and anxiety. He expects that we will even celebrate the changes that we don't like.

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.” (Philippians 4:6)

“Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.” (I Thessalonians 3:16)

According to Scripture, there is only one way to really celebrate change and that is with a contented heart.

**The Apostle Paul explains the secret of finding contentment in the midst of undesirable changes. Let's take a look at Philippians in the New Testament:**

1. Contentment can be learned.  
(Philippians 4:11)
2. Contentment can be learned in all situations.  
(2 Corinthians 11:23b-28)
3. The secret to contentment is trusting Jesus Christ completely.  
(Philippians 4:13)

**We can follow Paul's model of trusting in Christ.**

1. We must know Christ through the Scriptures.  
(2 Timothy 2:15)
2. We must obey Christ's commands.  
(James 2:14; John 14:15)
3. We must follow the Holy Spirit.  
(John 14:24, 25; 15:7)
4. We must listen to each other's stories.  
(1 Thessalonians 5:11)

**Paul said the secret to contentment is trusting in Christ's strength.**

**Those who trust in Christ's strength can celebrate change as a gift from God, evidenced by a contented heart.**