

***The Spiritual Discipline of Contentment***  
***Free from: Fear, Shame, Self-Hatred, Anger, etc.***

**October 15, 2023**



*“Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. <sup>12</sup> I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.”*

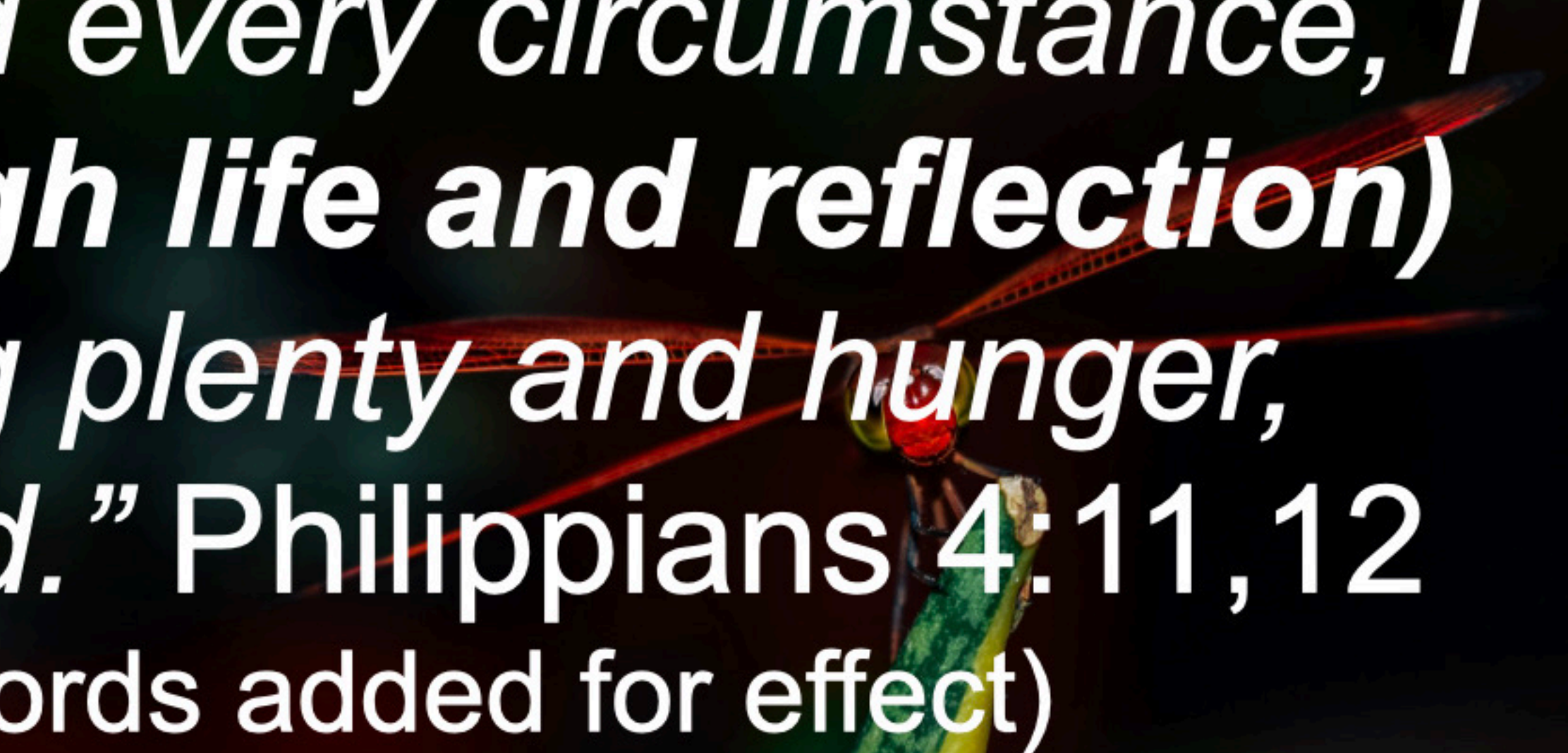
Philippians 4:11,12 (ESV)



Strong's Greek Dictionary:  
"3129 Manthánō  
(akin to 3101 / mathētēs, "a disciple") –  
learning key facts; gaining  
"fact-knowledge as someone learns from  
experience, often with the implication  
of reflection – 'come to realize'."



*“Not that I am speaking of being in need, for I have learned **(through experience)** whatever situation I am to be content. <sup>12</sup>I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned **(through life and reflection)** the secret of facing plenty and hunger, abundance and need.”* Philippians 4:11,12  
(parentheses and words added for effect)

A dragonfly with a red thorax and transparent wings is perched on a green stem. The background is dark with a vertical red stripe on the right side.




**1. Be Aware of Your Heart:**



*“The acts of the flesh are obvious: sexual immorality, impurity and debauchery; <sup>20</sup> idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions <sup>21</sup> and envy; drunkenness, orgies, and the like.”*

**Galatians 5:19-21 (NIV)**

A silhouette of a dragonfly is positioned on the left side of the image, set against a warm, golden-yellow background that transitions to a darker orange at the bottom. The dragonfly is shown in profile, facing right, with its long abdomen and transparent wings clearly visible. The overall mood is serene and contemplative.

*“Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.”*

**1 Peter 5:8 (NKJV)**

## 2. Confess Sin:





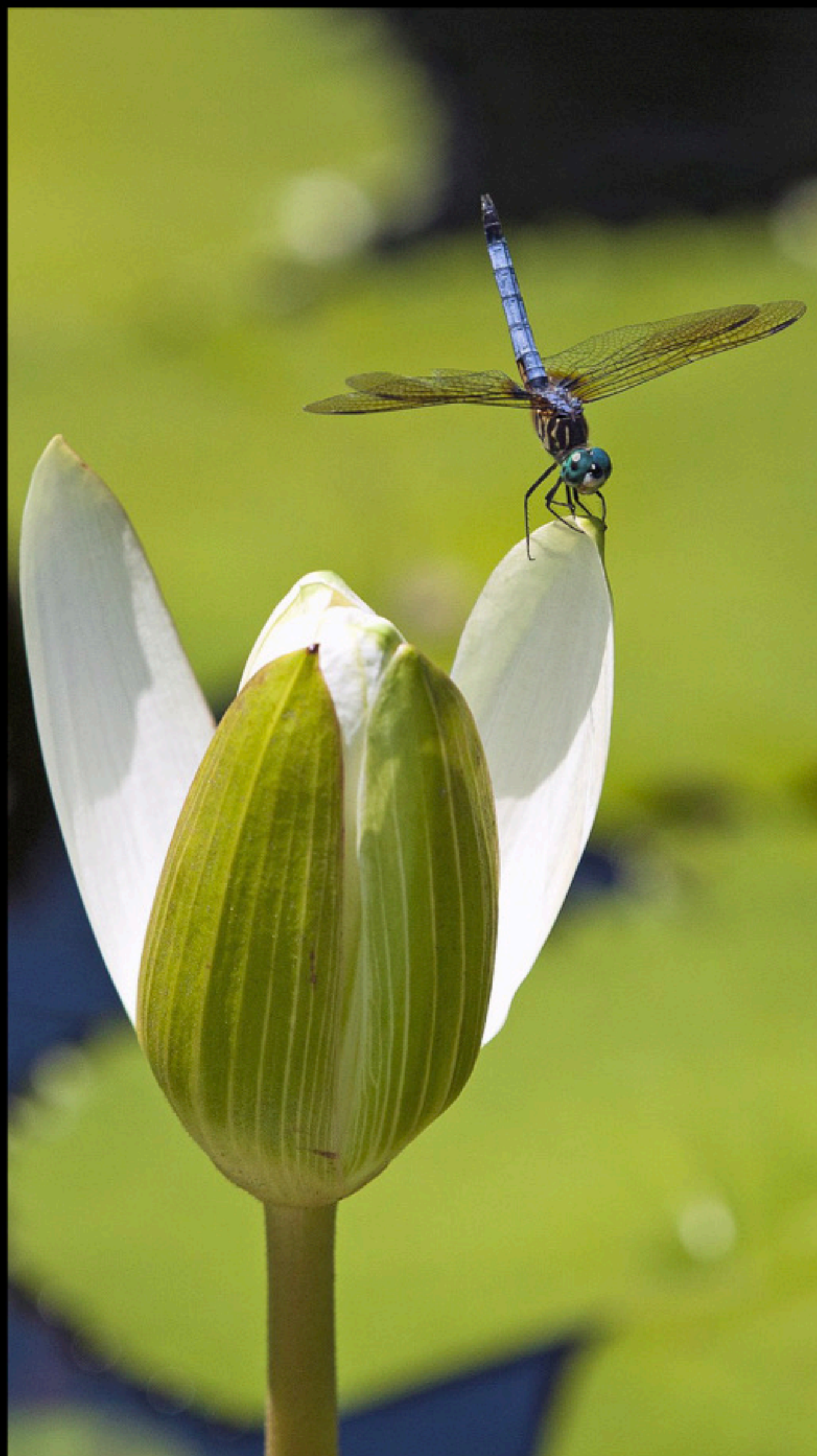
*“In your anger do not sin”: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.”*

*Ephesians 4:26,27 (NIV)*

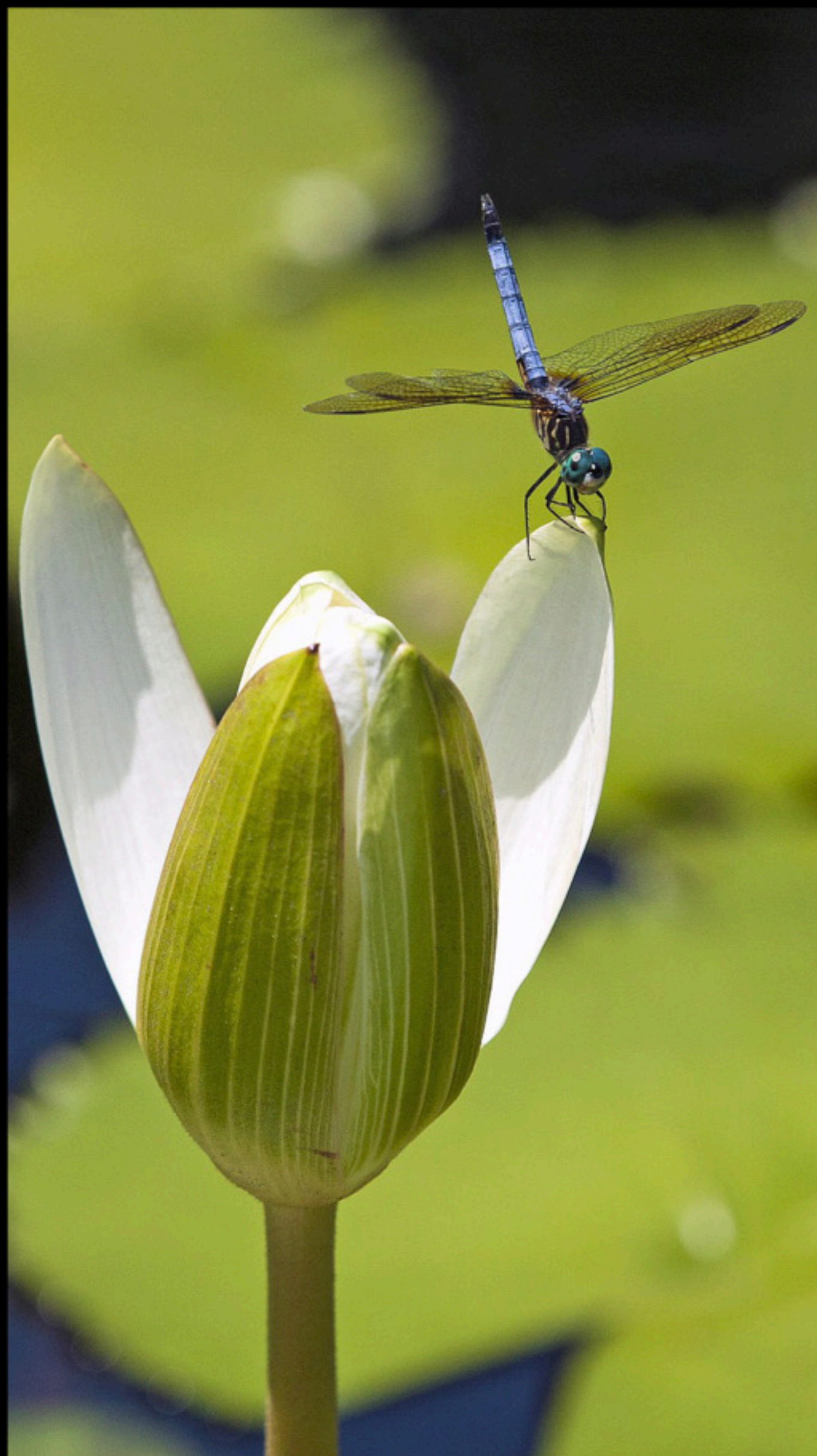


*“Through the Lord’s mercies we  
are not consumed, because His  
compassions fail not. <sup>23</sup> They  
are new every morning;  
great is Your faithfulness.”*  
Lamentations 3:22,23 (NKJV)





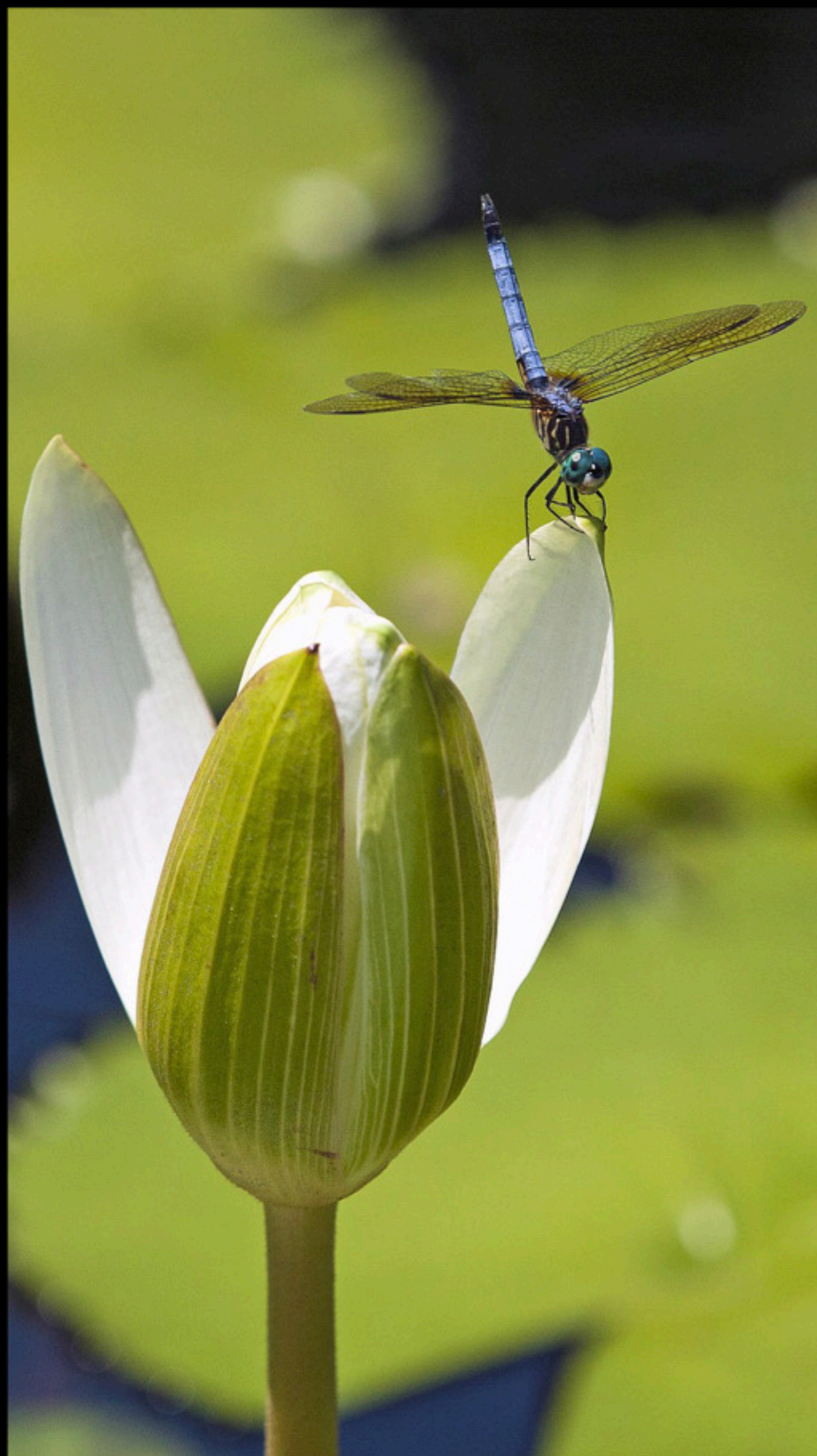
**3. Assert Your Identity in Christ!**



**Jesus defeated Satan  
on the Cross.**

*“And having disarmed the powers  
and authorities, he made a public  
spectacle of them, triumphing  
over them by the cross.”*

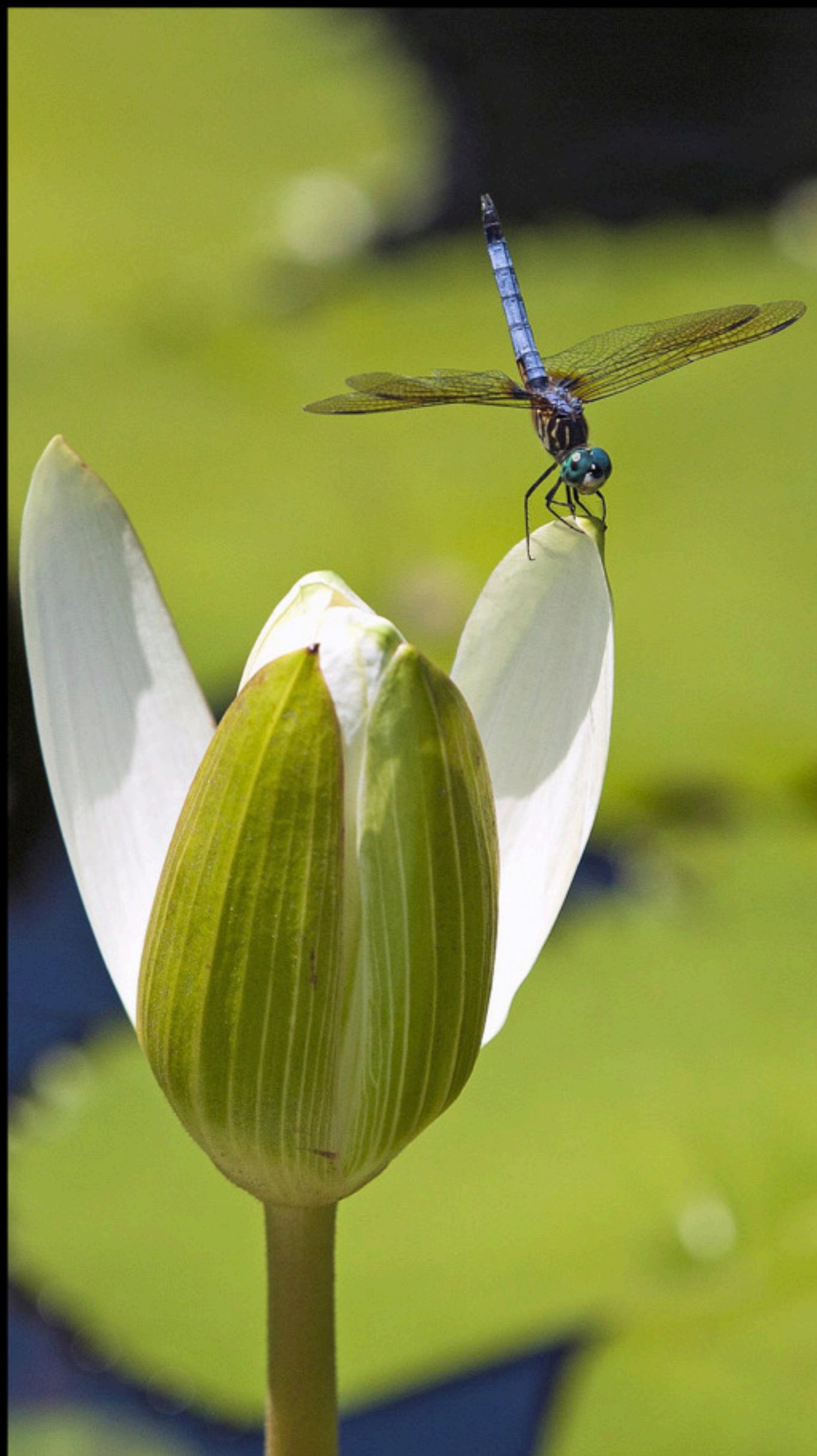
**Colossians 2:15 (NIV)**



**Jesus has all authority in  
Heaven and on Earth.**

*“Then Jesus came to them and  
said, “All authority in heaven and  
on earth has been given to me.”*

**Matthew 28:18 (NIV)**



**We have every spiritual blessings Jesus Christ has.**

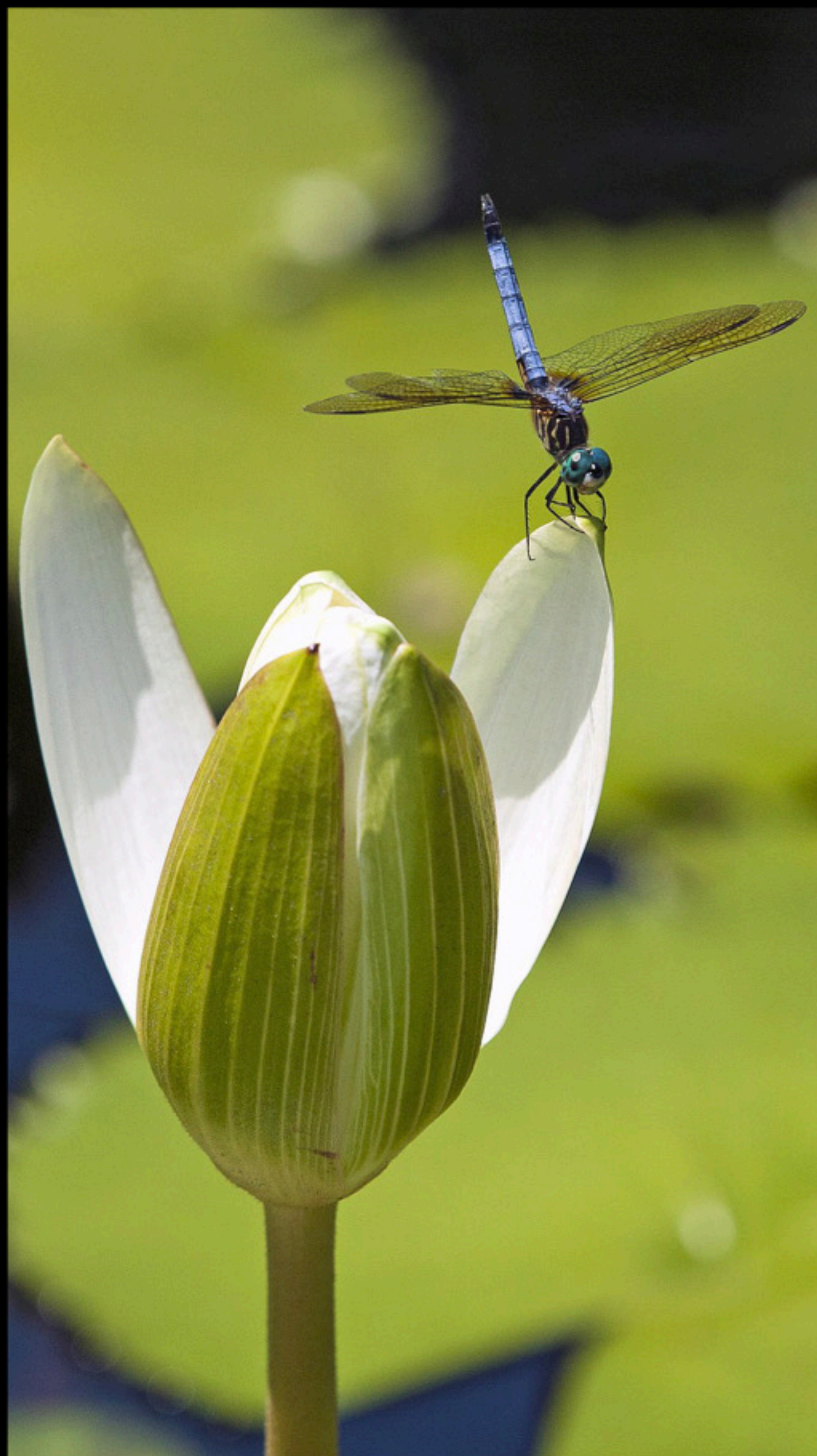
*“Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.”*

**Ephesians 1:3 (NIV)**



**Jesus came to destroy the works of the devil.**

*“But when people keep on sinning, it shows they belong to the Devil, who has been sinning since the beginning. But the Son of God came to destroy these works of the Devil.” 1 John 3:8 (NLT)*



**God, in you, is Bigger  
than the devil.**

*“You, dear children, are from  
God and have overcome them,  
because the one who is in you  
is greater than the one who is  
in the world.” 1 John 4:4 (NIV)*





*“Don't you know that you yourselves are God's temple and that God's Spirit lives in you?”*

**1 Corinthians 3:16 (NIV)**

***A) Rebuke It!***



*“No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.”* 1 Corinthians 10:13 (NIV)



***B) You need God to give you a Word /  
Get into the Word:***



***C) Ask a Friend to be Praying for You:***



***D) Fasting Against Dark thoughts:  
Fear, Shame, Anger, Self-Hatred,  
Lust, Sadness, Etc.***



***E) Put on Worship Music:***



***F) Get Up and Get Your Ghetto On!***





*“For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. <sup>5</sup> We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,”* 2 Corinthians 10:4,5 (ESV)



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