

GOD'S MESSAGE IN YOUR EMOTIONS

Tracing Emotional Pain to Victorious Living

UNHAPPY CAMPERS

Philippians 4:10-13 Jeff Schreve

Discontentment: a feeling of sadness, frustration, irritation and disappointment with your current situation in life.

Q. What is God's message in the emotion of discontentment?

A. Your desire for peace and happiness is on fire.

How can you silence the smoke alarm of discontentment?

1. Recognize why you experience difficult things.

A. Trials come into your life to test you.

Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing, as though some strange thing were happening to you. 1 Peter 4:12

Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. James 1:2-3

B. Trails come into your life to teach you.

And because of the surpassing greatness of the revelations, for this reason, to keep me from exalting myself, there was given me a thorn in the flesh, a messenger of Satan to buffet me-- to keep me from exalting myself! Concerning this I entreated the Lord three times that it might depart from me. And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." 2 Corinthians 12:7-9

2. Realize what you can experience in Jesus Christ.

In any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me. Philippians 4:12-13

A. Jesus is the secret to overcoming your circumstances.

I am ready for anything through the strength of the One who lives within me. Philippians 4:13 Phillips Translation

B. Jesus wants to live His life through you.

I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me, and delivered Himself up for me. Galatians 2:20

3. Put your faith into practice.

A. Make the choice to rejoice.

Rejoice in the Lord always; again I will say rejoice. Philippians 4:4

B. Take the time to pray.

C. Discipline your mind to think correctly.

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things. Philippians 4:8

No matter the circumstances, you can be content in Jesus.