

# Great Exchange: Craving for Contentment

December 8, 2024 / Bob Swickard / [Philippians 4:8-13](#)

The enemy of Contentment is “”

When you focus on what you don't have, you will always be  !

If I'm going to exchange craving for contentment, I need to realize my contentment is not based on my  (see [Philippians 4:1](#))

## **What can I do to grow in contentment?**

- I must keep  and trusting the Lord with my circumstances (see [Philippians 4:6](#))
- I must  Scriptural holiness in my daily living (see [Philippians 4:8-9](#))
- The  of contentment is not in what I have or don't have – the secret is in the sufficiency of JESUS to transform me (see [Philippians 4:13](#))

My Notes: