



Week 3, Day 4

READING:

Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.

Philippians 4:11-13

Paul tells us that he has learned to be content in all circumstances, whether he is well fed or hungry. There is a way to be ok on the inside when the world around you is not ok. There is a way to be content in all situations. The secret Paul tells us is finding our strength in Jesus Christ. When we are weak, He can infuse us with His strength to help us face our adversities. This is the mystery of Christianity. What is that thing in your life that you feel like you can't handle? Lay it before God in prayer and ask Him to give you His strength to help you face your battle. You can't, but He can.

FOR FURTHER STUDY: Read [Philippians 4](#).

QUESTIONS TO CONSIDER: What other verses help you face adversity?