



Joy in Contentment

69% of Americans were content with the overall quality of their lives in 2022—down from 84% in 2020.
– 2022 Gallup poll

“Emotional well-being refers to the emotional quality of an individual’s everyday experience—the frequency and intensity of experiences of joy, fascination, anxiety, sadness, anger and affection that make one’s life pleasant or unpleasant.”

Philippians 4:10-13, ESV: ¹⁰I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. ¹¹Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. ¹²I 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. ¹³I can do all things through him who strengthens me.

Joy appears 16x in Philippians—5x as a noun, 11x as a verb.

Who do you know that has joy?

“When you are joyful, it doesn’t mean you are always giddy or happy. But it means you can appreciate moments of happiness within the bigger context of life.” – Rebekkah Frunzac, M.D.

Think, consider, understand 24x in Philippians.

Philippians 4:10, ESV: ¹⁰I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity.

“Our connections and interactions are the most reliable wellspring of joy and well-being” – Dr. Samantha Boardman

Philippians 4:11-12, ESV: ¹¹Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. ¹²I 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 4:4-7, ESV: ⁴Rejoice in the Lord always; again I will say, rejoice. ⁵Let your reasonableness be known to everyone. The Lord is at hand; ⁶do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

15 seconds to plant a positive thought in our brains.

Philippians 4:13, ESV: ¹³I can do all things through him who strengthens me.

All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.