

# The Encouragement Newsletter

## Be Content In Whatever Circumstances

This is the 2nd newsletters of 2010 that includes the title beginning with “BE”. Though this was not on purpose, it is with a purpose.

As we approach a new year, the title of this newsletter is something I would like for you to consider for the new year and beyond. Yes, we should pursue goals, but as we move along life’s journey, we need to be content with what we have. Being content will bring balance in how we pursue goals. It will also bring about a spirit of thanksgiving for what God has given, regardless the circumstances, because everything we have is from the Giver of all good things.

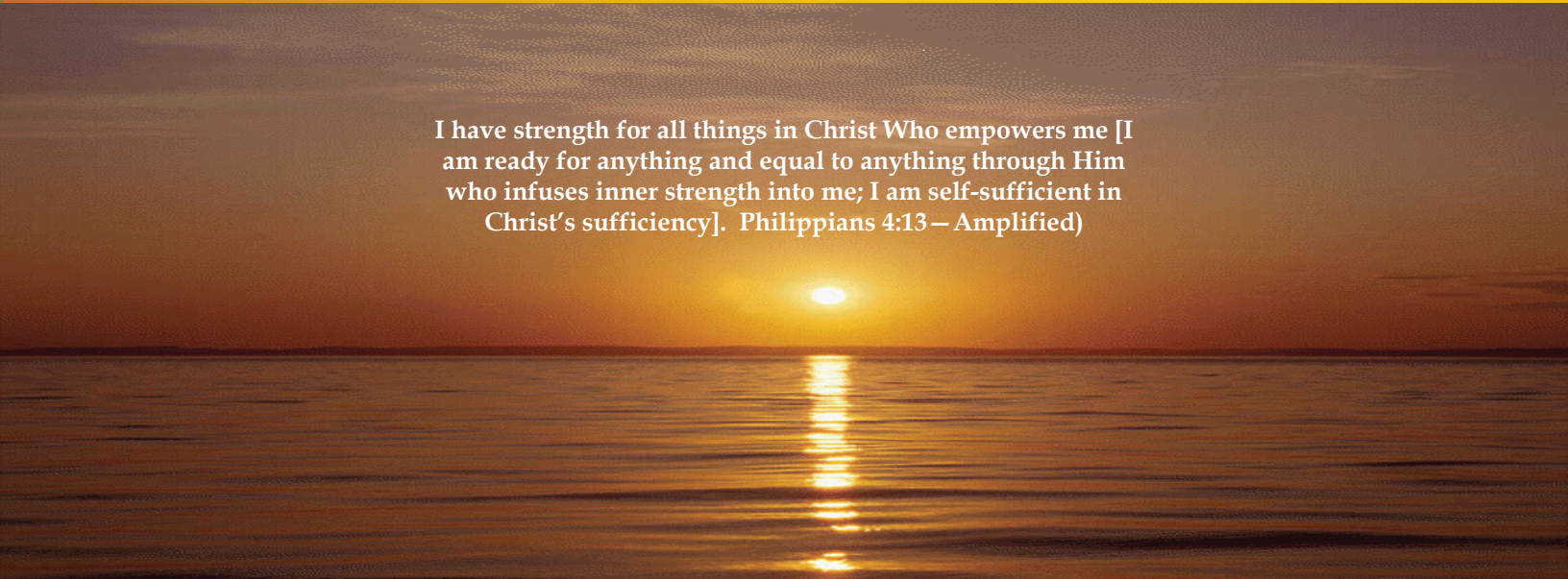
Let us look at the Amplified version of Philippians 4:11-12. It is long, but good. Paul states,

“Not that I am implying that I was in any personal want, for I have learned how to be content (satisfied to the point where I am not disturbed or disquieted) in whatever state I am. I know how to be abased and live humbly in straitened circumstances, and I know how to enjoy plenty and live in abundance. I have learned in any and all circumstances the secret of facing every situation, whether well-fed or going hungry, having a sufficiency and enough to spare or going without and being in want.”

In this scripture, another word for content is “self sufficient. The scripture is not saying to be “self-sufficient” like we would naturally think—meaning, we depend on ourselves rather than the Shepherd. (*Psalm 23:1*) Rather, it means that our total sufficiency is in Christ—we depend on, are self-sufficient in and satisfied with Christ. In scripture, we see that Paul is in no way wrapped up in himself and what he can do, but his sufficiency is in Christ. (*II Corinthian 3:5*) His sufficiency was not in what he had accomplished in life—education, keeper of the law, good family name, etc. – was considered nothing (rubbish or scraps to be fed to be thrown to dogs). Paul was not self centered. His goal was to know Christ. (*Philippians 3:10*)

The definition of the phrase “to be”, means to exist or live; it is to occupy a place or position. Therefore, the place we are to live and the position we are to occupy is the place of being content. It is a state of mind. It is a place of trust and confidence. It is also willingness to lay aside human strength in exchange for Divine strength. This state of mind is the result of an unshakable faith in God in every circumstance in life. This place of existence is only through Christ, Who gives the strength. (*Philippians 4:13*) Knowing and resting in this, we will see *Philippians 4:19*

I have strength for all things in Christ Who empowers me [I am ready for anything and equal to anything through Him who infuses inner strength into me; I am self-sufficient in Christ’s sufficiency]. *Philippians 4:13 – Amplified*)



comes into fulfillment, “God will supply all of your needs”. The Source will take care of you and I.

## How do we learn to be content in every circumstance?

As with everything in life, there is a process. To be content in every circumstance is definitely something we learn to do only with conscious effort. As I read Philippians 4, I discovered some points that I hope you will open your hearts to. Here they are:

- † Verse 4—Rejoice in the Lord always. In every circumstance, find the place of rejoicing.
- † Verse 6—Be anxious for nothing and pray. In every circumstance there is the potential of feeling anxiety and fear. So, PRAY.
- † Verse 7— The peace of God will overshadow. As you and I act on verses 4 and 6,.
- † Verse 8—Because the battle ground is the mind, we need to govern our minds in a God kind of way. Our mind is very powerful. The imaginations can feel so real. Yes, our mind will “go there” with anxious and fearful thoughts, but we must consistently watch what we entertain.

We all have some learning to do in 2011. As Christmas was approaching, I knew that my husband and I would not be able to do the things we would normally do for our sons because as I like to say, “We are in financial transition”. As I thought about our circumstance, I decided to rejoice and be grateful and receive the peace of God by fixing my mind on His faithfulness.

Life is a journey filled with ups and downs, highs and lows, but I invite you to be determined with me to put these verses into action in every circumstance.

We learn the lesson of being content through the strength and enablement of Christ. As we learn, we become more and more confident that God will supply every need and have full assurance that he who started a good work will complete it. (*Philippians 1:6*)

If this newsletter has been an Encouragement to you, please let me know by e-mailing me at - [The \\_EPlace@yahoo.com](mailto:The_EPlace@yahoo.com). I would love to hear from you. Also, the newsletter along with other writings will be on the web soon. Please check out [TheEncouragementPlace.com](http://TheEncouragementPlace.com).

For Paul, the need may have been financial, but it can be both spiritual and natural for you and I. For some, this newsletter may find you barely making it financially, but I encourage you to be content. I Timothy 6:8 tells us, “If we have food and covering, with these, be content”. For others, you are experiencing other challenges of life. Perhaps these challenges are in your marriage, not being married, family life or job, but God will supply your need. You may be in a season of struggle, but the Lord is your keeper. He will supply. It may not come the way you desire or expect, but it will be supplied. For many like me, it is a season of many life adjustments and transitions. But, as we acknowledge the Lord, His wisdom will direct our path.

I am convinced that 2011 will be filled with more miracles, victories and triumphs for God’s people. We will not be exempt from the challenges and trials of life and the dangers within the world, but we are more than conquerors and we will witness the greatness of God like never before. So, make it your goal To Be Content in Whatever Circumstance you find yourself in 2011.

And God is able to make all grace (every favor and earthly blessing come to you in abundance, so that you may always and under all circumstances and whatever the need be self-sufficient [possessing enough to require no aid or support and furnished in abundance for every good work and charitable donation]. And {God} Who provides seed for the sower and bread for the eating will



also provide and multiply your (resources for) sowing and increase the fruits of your righteousness [which manifests itself in active goodness, kindness, and charity].

*II Corinthians 9:8 & 10 (Amplified)*

*Jesus Christ is the Author & Finisher of My Faith  
Veronica B. McCray, Co-Author  
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