

^{11b} For I have learned to be content in whatever circumstances I find myself. ¹² I know both how to make do with little, and I know how to make do with a lot. In any and all circumstances I have learned the secret of being content—whether well fed or hungry, whether in abundance or in need. ¹³ I am able to do all things through him^[g] who strengthens me.

Philippians 4:11b-13, Christian Standard Bible (CSB)

My Philippians 4:11-13

^{11b} For I have learned to be content in whatever circumstances I find myself. ¹² I know both how to make do without _____ and I know how to make do with _____.

In any and all circumstances I have learned the secret of being content—whether _____

or _____, whether in abundance of _____ or in need of _____.

¹³ I am able to do all things (even _____) through him who strengthens me.

What Has COVID-19 and Sheltering in Place Shown You About Your Heart?

The COVID-19 Pandemic of 2020 has shaken us; it's revealed some things to us about our hearts and what fills them. Prayerfully think through the following diagnostic exercise and fill in the blanks.

Jesus + _____ = my satisfaction.

Jesus + _____ = my happiness.

Jesus + _____ = my success.

Jesus + _____ = my beauty.

Jesus + _____ = my security.

Jesus + _____ = my comfort.

Jesus + _____ = my significance.

Nobody knows the heart of a woman like Jesus does. So, talk to the Lord about the things you've filled in your blanks with. *Confess them for what they are: idols.* Receive his grace and ask the Holy Spirit to help you to learn and grow to be a woman who knows the true secret of being content: *the strength of Jesus Christ to do the things you cannot do in our own strength.*

Remember: Jesus + nothing = everything.

✠ Pray: *Lord, I want to love you more than any thing or any one, and desire nothing on this earth as much or more than I desire you. In Jesus' name I pray. Amen.*