



YOU CAN BE CONTENT

You Can Do This, Part 1
Pastor Andy Wood
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“The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name’s sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.”
Psalm 23 (NIV84)

God is for you, you can _____!!

Contentment is my ability to have peace and joy in all circumstances.

I Will Be Content When I:

1. _____ relationship with the good shepherd.

“The Lord is my shepherd...” Psalm 23:1a (NIV84)

2. Focus on what God has _____ me.

“I have all that I need.” Psalm 23:1b (NLT)

“I shall not be in want.” Psalm 23:1b (NIV84)

Comparison is the thief of contentment.

3. _____ my grip on stuff.

“I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.”

Philippians 4:12-13 (NIV)

Take your next steps!



1. do this 2. pursue 3. given 4. loosen



你能得滿足

你能做到 (一)

胡安迪牧師

2024年9月21-22日

「耶和華是我的牧者，我必不至缺乏。他使我躺臥在青草地上，領我在可安歇的水邊；他使我的靈魂甦醒，為自己的名引導我走義路。我雖然行過死蔭的幽谷，也不怕遭害，因為你與我同在；你的杖，你的竿，都安慰我。在我敵人面前，你為我擺設筵席；你用油膏了我的頭，使我的福杯滿溢。我一生一世必有恩惠慈愛隨着我，我且要住在耶和華的殿中，直到永遠！」

詩篇 23:1-6 (和合本)

上帝幫助你，你就_____!!

滿足是在任何境況下，都擁有平安和喜樂的能力。

我能得滿足，當我：

1. _____與好牧人的關係

「耶和華是我的牧者」

詩篇 23:1 上 (和合本)

2. 專注上帝已_____我的東西

「我一無所缺」

詩篇 23:1 下 (新普及譯本)

「我必不至缺乏」

詩篇 23:1 下 (和合本)

「比較」會偷走「滿足」。

3. _____對物質的執著

「我知道怎樣過貧困的生活，也知道怎樣過富裕的生活。我已經得到祕訣，隨時隨地，飽足好，飢餓也好，豐富好，缺乏也好，我都知足。藉著基督所賜的力量，我能夠適應任何情況。」

腓立比書 4:12-13 (現代中文譯本)

邁出你的下一步！



1. 能做到 2. 追尋 3. 賜給 4. 鬆開