


Stories 3.0: When Life Gives You Lemons...


Today's Story: Daniel & Alyce Frazier

Contentment comes from [knowing the Lord knows what we need](#).

 *Philippians 4:10 (NIV) "I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it."*

- Jesus [is the source of our joy](#).
- Jesus [puts our needs on other people's hearts](#).


Contentment comes from [learning to adapt to our circumstances](#).

 *Philippians 4:11 (NIV) "I am not saying this because I am in need, for I have learned to be content whatever the circumstances." **Pics***

The Temperature Test:

- I am a [thermometer](#); I [register](#) what is around me.
- I am a [thermostat](#); I [regulate](#) what is around me.

Contentment comes from [depending on the Lord for strength](#).

 *Philippians 4:12–13 (NIV) "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. ¹³ I can do everything through Him who gives me strength."*

- Our [stress](#) decreases because of Jesus.
- Our [strength](#) increases because of Jesus.

Digging Deeper: Describe a time when you chose to make lemonade out of lemons. When has God miraculously used someone to meet a need in your life? When has He used you to meet a timely need in someone else's life? Would those close to you say you are a thermostat or a thermometer?

