



**NO LIMITS**

WITH PASTOR DELMAN

**IT'S ALL**



**GOOD**

**S E R M O N   G U I D E**

## It's All Good

## Philippians 4:8-14

# INTRODUCTION

## NOTES

We live in a world that constantly pressures us to pursue more—more success, more money, more validation, more status. The problem with this relentless chase is that it often leaves us feeling empty, unfulfilled, and never truly satisfied. Like a hamster on a wheel, we keep running, hoping to reach a destination that always seems just beyond our grasp. But what if the secret to peace wasn't in achieving more, but in learning to be content with what we have? In Philippians 4:8-14, the Apostle Paul shares his secret to contentment, not from a place of comfort, but from the chains of a Roman prison. His words challenge us to rethink our perspective and embrace contentment that isn't tied to our circumstances. Today, we will explore three key truths from Paul's journey that can help us find lasting contentment in our own lives.

## KEY POINTS

## 1. Authentic Relationships Breed Contentment

Paul’s contentment wasn’t rooted in material possessions, wealth, or status—it was nurtured by the deep, authentic relationships he had with his brothers and sisters in Christ. He repeatedly refers to the Philippians as his “brothers and sisters,” emphasizing that these were not surface-level connections but deeply supportive, life-giving relationships.

In contrast to today's world, where many relationships are transactional and based on what someone can offer, Paul experienced genuine love and support from people who stood by him in both his victories and his hardships. True contentment comes when we are surrounded by relationships that allow us to be fully seen—flaws, failures, and all—without fear of judgment or abandonment.

## 2. Contentment Comes When We See the World Through God's Eyes

Paul understood that life is full of ups and downs, abundance and lack, victories and struggles. He didn't ignore his suffering, but he also didn't allow it to define him. Instead, he embraced both the good and the bad as part of God's greater plan.

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## Philippians 4:8-14

In a world that tells us to avoid discomfort and equates happiness with success, Paul's words remind us that true joy is not found in our circumstances but in our perspective. He recognized that even in the darkest moments, God was present and working. Whether in seasons of plenty or seasons of hardship, Paul was able to say, "It's all good," because he trusted that God was in control.

### 3. Contentment Requires Reliance on God

Paul reveals the ultimate secret to contentment in Philippians 4:13: *“I can do all things through Christ who strengthens me.”* His peace wasn’t a result of his own willpower or positive thinking; it came from fully relying on God. True contentment isn’t something we manufacture ourselves—it is a byproduct of our relationship with Christ. Paul had to learn this through experience, just as we must. As we lean into God’s strength rather than our own, we discover a peace that surpasses understanding, a contentment that endures regardless of what life throws our way.

## NOTES

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*Philippians 4:8-14*

### **QUESTIONS TO CONSIDER**

1. What are some areas in your life where you find yourself constantly chasing “more” instead of embracing contentment?
2. How can you cultivate deeper, more authentic relationships that nurture your faith and well-being?
3. What are some practical ways you can shift your perspective to see your circumstances through God’s eyes rather than the world’s standards?

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