

15941 Virginia Ave.
Paramount, CA

EMMANUEL

C H U R C H

Nov 14, 2021
(562) 531-6820

connecting people to Jesus, people, and God's mission

WWW.ERC.LA

EMMANUEL

JOIN US

thanksgiving

SERVICE

ENGLISH Wed 24th 7PM
Thu 25th 10AM
SPANISH Wed 24th 7PM

EMMANUEL

COMMUNION

Sunday

NEXT WEEK

do this in remembrance of me

ADVENT
TREE
LIGHTING

MONDAY
NOVEMBER 29TH
7PM

English: 9am 10:30am 12pm 6pm | Spanish: 10:30am 12pm | Nepalese: 9:30am
(sanctuary) (activity center) (blue building)

Scan to access
ERC's Hub!



2nd Offerings

11/7 Paramount Care Foundation | 11/21 Vision

Weekly Offering

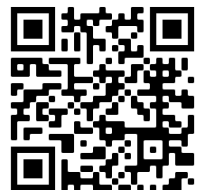
YTD Offering: \$2,534,148.71

YTD Budget: \$2,160,000.00

Last Week's Offering: \$31,506.19

2021 Weekly Budget: \$54,000.00

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Uncovering Satisfaction Paul's Secret about Contentment

Scripture: Philippians 4:10-23

Theme: Contentment is not found in what you have but in who you know.



- Contentment defined - "Being satisfied with what you have, independent of circumstances; internal satisfaction which does not demand changes in external circumstances"
- "Most people, if they had really learned to look into their own hearts, would know that they do want, and want acutely, something that cannot be had in this world. There are all sorts of things in this world that offer to give it to you, but they never quite keep their promise" C.S. Lewis
- For where you put value, your heart will follow. (Matthew 6:21)

Being thankful

- Whether we are doing well or not, having an attitude of gratitude is important and being thankful is an essential principle to being content.

- Real contentment is a state of the heart. Demonstrating gratitude to the Lord and being thankful is where a content heart begins.

Avoiding comparisons

- As long as we compare, we will never be content! Also beware of comparing yourself in social media platforms where most things seem perfect. Comparing is a trap as there will always be someone with more stuff. Comparing ultimately leads to being discontent.

- Contentment needs to be learned as it does not come naturally to us. It is experienced or developed; it is an acquired skill; a way of thinking. Contentment is not the fulfillment of all the things you want but is the realization of how much you already have.

Adjusting to change

- We will experience good and bad times in our lives. And the choice is up to us how we respond... with joy and contentment or do we go on in life being miserable.

- "The good life begins not when circumstances change but when our attitude toward them does." Max Lucado

I can do all things though Christ

Philippians 4:13 is often taken out of context. It does not teach human will power or human accomplishments.

Reflection Questions:

-In what areas do you struggle with being content? Be honest with yourself and with the Lord.

-What would contentment look like in various areas of your life? Relationship with God, Finances, Family, Technology, Work etc.