

## THRIVING IN ISOLATION

### “Essentials for Thriving”

#### Philippians 4:10-13

Read Philippians 4:10-13.

Five Essentials for thriving:

I. Understanding spirit (vs. 10)

II. Softening of language (vs. 10)

III. Learning environment (vs. 11a)

What are you learning:

1. About yourself?
2. About your relationships with others?
3. About your relationship with God?

IV. Content whatever the situation (vs. 11b)

*II Corinthians 11:23-27, “I have been put in prison more often, been whipped times without number, and faced death again and again. <sup>24</sup> Five different times the Jewish leaders gave me thirty-nine lashes. <sup>25</sup> Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked. Once I spent a whole night and a day adrift at sea. <sup>26</sup> I have traveled on many long journeys. I have faced danger from rivers and from robbers. I have faced danger from my own people, the Jews, as well as from the Gentiles. I have faced danger in the cities, in the deserts, and on the seas. And I have faced danger from men who claim to be believers but are not. <sup>27</sup> I have worked hard and long, enduring many sleepless nights. I have been hungry and*

***thirsty and have often gone without food. I have shivered in the cold, without enough clothing to keep me warm."***

**V. Infused with the power of Christ (vs. 13)**

J.B. Phillips, ***"I am ready for anything through the strength of the One who lives within me."***