

## Ep. 382 | The Secret to Contentment — When “More” Isn’t Making You Happy

What if the peace you’re looking for isn’t found in getting more—but in trusting Jesus more deeply? In a world that constantly tells us we need more to be happy, true contentment can feel out of reach. In this episode, Christine Caine unpacks the Apostle Paul’s powerful teaching on contentment, revealing how real peace is learned, cultivated, and sustained through dependence on Christ—not circumstances. No matter what life brings, you can live anchored, joyful, and purpose-filled.

**IN WHAT AREAS OF YOUR LIFE ARE YOU STILL WAITING TO BE  
CONTENT “WHEN THINGS CHANGE”?**

---

---

---

**HOW IS COMPARISON CURRENTLY IMPACTING YOUR PEACE AND JOY?**

---

---

---

**WHAT WOULD IT LOOK LIKE FOR YOU TO PRACTICE CONTENTMENT  
IN CHRIST RIGHT WHERE YOU ARE TODAY?**

---

---

---

**SCRIPTURES REFERENCED IN THIS EPISODE:**

PHILIPPIANS 4:10–13 • 2 CORINTHIANS 11:24–28 • 2 CORINTHIANS 4:16–18 • PHILIPPIANS 3:12–14