

## Jesus is Enough!

“We are searching for contentment but when we believe the answer is more, we are enslaved by our discontent.”

- **John 10:10-16**
- **John 10:27-28a:** “My sheep hear my voice; I know them, and they follow me. I give them eternal life.”

**Psalm 23:1:** “The Lord is my shepherd, I shall not want.”

Jesus is enough!

- **Psalm 23**
  - Leader
  - Contentment
  - Rest
  - Refreshment
  - Healing
  - Integrity
  - Direction
  - Growth
  - Presence
  - Protection
  - Abundance
  - Goodness
  - Mercy
  - Family
- **Matthew 6:33:** “Seek first the kingdom of God and His righteousness and all these things shall be added unto you.”

**Who is your shepherd? Who or what is leading you?**

- **Psalm 23:1:** “The Lord is my shepherd, I shall not want.”
  - **Philippians 4:11-13,** “I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.”
  - **Hebrews 13:5,** “Keep your lives free from the love of money and be content with what you have, because God has said, I will never leave you or forsake you.”

**Practice: Fasting**

- **Why do we fast?**
  1. **Fasting keeps God first in my heart. Matthew 22:37**
    - **When I love God first, I cannot help but love people.**
  2. **Fasting increases my Hunger for God. Matthew 4:14-17**
  3. **Fasting softens my heart. Matthew 4:14-17**
  4. **Fasting teaches me to find contentment in Jesus. Matthew 4:14-17**

**Hebrews 11:6b:** “And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.”