Advertising depends on creating a discontent within us so that we seek the next new thing. In Philippians 4 Paul describes how he has found the secret to contentment in prayer. St. Francis found contentment by embracing poverty, humility, and a deep connection with God and all of creation. He sought joy not in worldly possessions or achievements, but in a life of simplicity, service, and gratitude, recognizing God's presence in everything. His joy was contagious, inspiring others to find similar contentment through a life of faith and love.

* 1. Find some time to be still. Read Philippians 4 verse 6.
	2. On a piece of paper write down all the things that you are anxious about.
	3. Offer them to God – ask Him to show you which things you can let go, which you need to act on and where you need to ask for help. Write down what you discern.
	4. Read Philippians 4 verse 7.
	5. Spend some time in quiet asking God to replace your anxieties with his peace.
	6. Finally, write down all the things that you are grateful to God and turn them into prayers of thanks.