

## The G-od Life

### Part 6: Unlocking the Door

**Objective:** To challenge us to learn contentment in their lives through the power of Jesus

**Read together:**

*I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. 11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength.*

Philippians 4:10-13

*We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise.*

2 Corinthians 10:12

*But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. 15 Such "wisdom" does not come down from heaven but is earthly, unspiritual, demonic. 16 For where you have envy and selfish ambition, there you find disorder and every evil practice.*

James 3:14-16

*Rejoice always, 17 pray continually, 18 give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

I Thessalonians 5:16-18

- Have you noticed the tendency to be dis-satisfied in our society? Have you noticed a change in how content people are? Do you think it's getting better or worse?
- Based on your own experience what one thing do most people want in order to be contented? When they get it, are most people satisfied with it?
- In the sermon we heard a few reasons as to why contentment is so hard: We've confused needs and wants, we're trained to be discontent, we don't realize what we have, it's not our natural state. Which one of those can you most relate with? Can you think of any other reasons people tend to struggle with contentment?
- Ultimately, we won't learn to be content until we ask Jesus to give us the strength for it. Have you ever prayed that you could learn to be content? Why do you think we need to learn it rather than just becoming content?
- In order to help kill discontentment in our lives we need to develop two practices with the help of Jesus.
  1. Kill Comparisons
  2. Cultivate Gratitude
- How often do you find yourself making comparisons between what you have and what others have? How do those comparisons make you feel? What are some practical things you can do to kill comparisons?
- Do you tend to have an attitude of gratitude or do you need to develop thankfulness in your life? What are things you don't normally think of that you can be thankful for?

**Final Thought:** This week practice developing contentment. Think of three things you can stop comparing and think of three things you can be thankful for. And whatever you do, pause and ask Jesus to help you have the strength to learn contentment.

