

Cultivating Contentment in a World of Discontent

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Definition of Contentment:

The absence of worry and/or obsession about *who we are, what we have or don't have or what our condition is in life* because we trust God to lead, provide, satisfy, and cause all things to work together for our good and His glory.

Contentment is a virtue that can be _____. Phil. 4:11-13

Three things we can do:

1. Renew our minds with the Word of God.
 - A. In God's Word we learn _____.
 - B. In God's Word we equip our _____ to battle discontentment brought on by the _____, the _____ and the _____.

2. Choose _____; give praise and thanks to God!
 - A. Puts the focus on God; not _____.
 - B. Allows Him to fill any _____.
 - C. Puts _____ on the "throne."

Practical Tips to Increase Gratefulness:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

3. Establish an eternal perspective.

A. Invest in things that _____.

- *
- *

B. Be _____ with what God has given.

C. Be a good steward of _____ God has given.

- 1.
- 2.
- 3.

What About Godly Desires?

DON'T

DO:

- 1.
- 2.
- 3.
- 4.

Discussion Questions:

1. Share an area of your life in which it is easy for you to be content.
2. Share an area of your life that is difficult for you to be content. What will you do to increase contentment?
3. Share an area of your life that is a source of anxiety, worry or fear. What will you do differently to change these feelings?
4. Share a godly desire God has given you. What steps are you taking as you trust Him for the result?