

Be Content

The Ten Commandments – Week 10

Main Text: Exodus 20:17

Key Truth: The tenth commandment addresses the heart. God calls us away from coveting what others have and toward finding true contentment in Him. Lasting satisfaction isn't found in possessions, status, or circumstances. It is found in Jesus alone.

Getting Started

We live in a world that constantly tells us, "If you just had one more thing, then you'd finally be happy." The tenth commandment exposes that lie. Pastor Todd reminded us that coveting begins with comparison and ultimately reveals where we're looking for contentment. The question isn't simply, "What do I want?" The deeper question is, "Is Jesus enough?"

Icebreaker

What's something you once thought would make you happier, only to realize later it didn't satisfy the way you expected?

1. Cultivate a Heart of Gratitude

Read

- Exodus 20:17
- Psalm 103:2
- James 1:17

Discuss

Coveting often begins when we lose sight of God's blessings. Instead of focusing on what we have, we fixate on what we don't.

Pastor Todd encouraged us to ask:

Am I grateful?

A grateful heart remembers God's goodness and intentionally thanks Him for His blessings. Gratitude feeds contentment because it shifts our focus from what is

missing to what God has already provided. One practical suggestion was to write down God's blessings and thank Him for them one by one.

Discussion Questions

1. Why is gratitude one of the strongest antidotes to discontentment?
2. What blessings are easiest for you to overlook?
3. How does regularly thanking God change your perspective?
4. When have you seen gratitude replace frustration or envy?
5. What's one practical way you can cultivate thankfulness this week?

2. Guard Your Heart Against Comparison

Read

- 2 Corinthians 10:5
- Proverbs 4:23

Discuss

Comparison fuels coveting.

We often compare the struggles of our own lives to the highlight reels of everyone else's. Social media only magnifies this temptation.

Pastor Todd challenged us with two important questions:

- **Do I have a sense of entitlement?**
- **Is the grass really greener?**

An entitled heart believes God owes us something. A comparing heart believes someone else's life would finally satisfy us. But Scripture reminds us to take every thought captive and measure it against God's truth instead of our feelings or assumptions.

Discussion Questions

1. Why is comparison so easy in today's culture?
2. Have you ever discovered that "the grass wasn't actually greener"?
3. How does entitlement affect our relationship with both God and others?
4. What thoughts do you most need to take captive?
5. How can you intentionally celebrate God's blessings in someone else's life?

3. Find Your Contentment in Christ

Read

- Philippians 4:11-13
- John 10:10

Discuss

The greatest question Pastor Todd asked throughout the message was simple:

Is Jesus enough?

Paul experienced seasons of abundance and seasons of need, yet he learned the secret of contentment. His circumstances changed, but Christ did not.

Contentment isn't pretending life is perfect. It's trusting that Jesus is enough regardless of our circumstances. Because of Christ, we have forgiveness, the presence of the Holy Spirit, abundant life today, and the hope of eternal life. Those realities provide a foundation that possessions and achievements never can.

Discussion Questions

1. What does it practically mean for Jesus to be enough?
2. Which circumstances most tempt you to look elsewhere for contentment?
3. How did Paul's life demonstrate that joy isn't dependent on circumstances?
4. What would change if you truly believed Christ was enough?
5. How can your group encourage one another toward lasting contentment?

Living It Out

This week, examine your heart honestly.

- Ask yourself each day: **Am I grateful?**
- Watch for moments when entitlement or comparison begin to creep in.
- Take captive thoughts that tell you happiness is found in something other than Christ.
- Spend time thanking God for specific blessings instead of focusing on what you lack.
- Remind yourself daily that your greatest treasure is your relationship with Jesus.

Memory Verse

Philippians 4:11-13 (NIV)

"...I have learned to be content whatever the circumstances... I can do all this through him who gives me strength."

Closing Prayer

Father, thank You for every good gift You have given us. Forgive us for comparing our lives with others and believing the lie that something else will satisfy us. Help us cultivate grateful hearts, reject entitlement, and take every thought captive to Christ. Teach us to find our joy, peace, and contentment in You alone. May it truly be said of our lives that Jesus is enough. In His name, Amen.