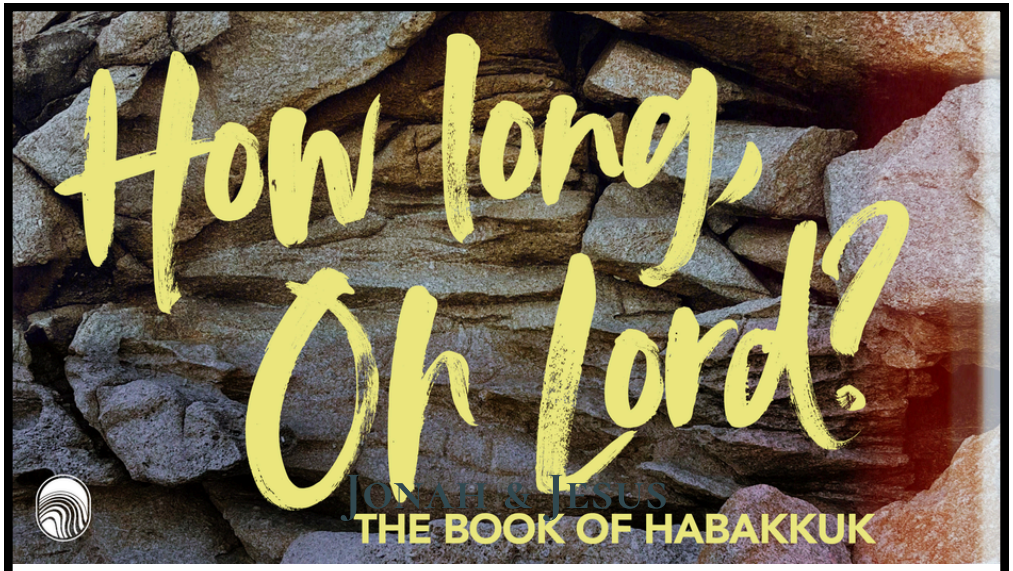


Question:

How can we experience joy and contentment when life is falling apart?

Key Ideas:

1. **Stay relationally connected to Jesus:** Jesus' strengthening power and satisfying presence enable us to experience joy in hardship.
2. **Honestly acknowledge hardship in prayer—pour out your heart:** Honesty leads to intimacy, and intimacy with God nurtures supernatural contentment.
3. **Remember our future hope:** One day we will enjoy abundant life forever in God's new creation.

Application:

- **Abide:** Abiding is the path to contentment.
- **Crack Open Your Heart:** Pray honest prayers, not make-believe prayers.
- **Treasure Jesus above all else:** The person who treasures Jesus deeply is best prepared to endure hardship with a sense of contentment.

Habakkuk 3:16–19

16 I heard and my heart pounded,
my lips quivered at the sound;
decay crept into my bones,
and my legs trembled.
Yet I will wait patiently for the day of calamity
to come on the nation invading us.
17 Though the fig tree does not bud
and there are no grapes on the vines,
though the olive crop fails
and the fields produce no food,
though there are no sheep in the pen
and no cattle in the stalls,
18 yet I will rejoice in the Lord,
I will be joyful in God my Savior.

19 The Sovereign Lord is my strength;
he makes my feet like the feet of a deer,
he enables me to tread on the heights.

For the director of music. On my stringed instruments.

Notes: