



ACTIONS + ATTITUDES
THAT MAKE YOU MORE
THAN HAPPY!

LESSON 12 // BE CONTENT

Big Idea: Contentment is one of the keys to a life of joy. The opposite of this, chronic discontentment, is a terrible curse and a symptom of serious spiritual problems. To avoid this and live in contentment, we must *learn* to be content by: consistently counting our blessings, replacing grumbling with gratitude, dealing quickly with disappointments, managing desires and expectations, developing a spirit of worship and trusting God's love and faithfulness.

Philippians 4:10-13 (NLT) *How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me. ¹¹ Not that I was ever in need, for I have learned how to be content with whatever I have. ¹² I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. ¹³ For I can do everything through Christ, who gives me strength.*

Luke 15:11-16 (NLT) *To illustrate the point further, Jesus told them this story: "A man had two sons. ¹² The younger son told his father, "I want my share of your estate now before you die." So his father agreed to divide his wealth between his sons. ¹³ A few days later this younger son packed all his belongings and moved to a distant land, and there he wasted all his money in wild living.*

1 Timothy 6:6-8 (NIV) *But godliness with contentment is great gain. ⁷ For we brought nothing into the world, and we can take nothing out of it. ⁸ But if we have food and clothing, we will be content with that.*

Hebrews 13:5 (NIV) *Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."*

Start Talking:

How content are you? In what areas of your life do you tend to be discontent?

Start Thinking:

Read Philippians 4:10-13. How can your faith in Christ help you to be content in every situation?

Read Luke 15:11-16. How do pride and arrogance lead to discontentment? How can you resist and reject these in your life?

Read 1 Timothy 6:6-8. In what ways is "godliness with contentment" "great gain" for you as a follower of Jesus?

Read Hebrews 13:5. Why is hard at times to be "content with what you have"? How can you foster a greater sense of gratitude for what God has provided for you?

Start Praying and Doing:

Pray for a heart that is fully satisfied with God and what He has provided for you. Look for ways this week to express your gratitude to Him in praise, thankfulness and generosity toward others. Consider giving something to someone in need (your time, a listening ear, a small gift, some food, etc.) as an encouragement to them and an offering of thanksgiving to the Lord.