

## SERMON-BASED STUDY: CONTENTMENT

**Psalm 131**, – <sup>1</sup> O LORD, my heart is not lifted up; my eyes are not raised too high;

*I do not occupy myself with things too great and too marvelous for me.*

<sup>2</sup> But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.

<sup>3</sup> O Israel, hope in the LORD from this time forth and forevermore.

### Notes:

1.

2.

3.

4.

5.

### ENGAGE WITH THE MESSAGE

1 Which points or ideas from the sermon connected with you the most? Why?

2 Did you learn anything new, or has your perspective been challenged? How did that impact you?

3 Were there any points or ideas from the sermon that you still have questions about? Explain.

## DIGGING DEEPER

A

**Psalm 46:1-3, 8-11, –** <sup>1</sup> *God is our refuge and strength, a very present help in trouble.*

<sup>2</sup> *Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea,*

<sup>3</sup> *though its waters roar and foam, though the mountains tremble at its swelling. Selah*

<sup>8</sup> *Come, behold the works of the LORD, how he has brought desolations on the earth.*

<sup>9</sup> *He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire.*

<sup>10</sup> *“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”*

<sup>11</sup> *The LORD of hosts is with us; the God of Jacob is our fortress. Selah*

4

In what ways have you experienced God as a refuge, strength, and a very present help in trouble?

5

What does “be still, and know that I am God” mean? How does stillness help us experience God in the chaos of life?

6

How does recognizing God’s supremacy bring peace and assurance in your life?

B

**Philippians 4:11-13, ESV –** <sup>11</sup> *Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. <sup>12</sup> I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. <sup>13</sup> I can do all things through him who strengthens me.*

**1 Timothy 6:6-8, ESV –** <sup>6</sup> *But godliness with contentment is great gain, <sup>7</sup> for we brought nothing into the world, and we cannot take anything out of the world. <sup>8</sup> But if we have food and clothing, with these we will be content.*

7

Looking at Philippians 4:11-13, what was the “secret” of Paul’s contentment? How have you seen this work in your life?

8

What is godliness? How does godliness increase contentment? Why is “godliness with contentment a great gain”?

## TAKING IT HOME

This week, we learned about contentment and what it looks like in the life of a Christian. How is your contentment with life? What things can you change today to help build your contentment? Share with your group what God is showing you. Pray together that God will show you the changes that need to be made in your life.

## PRAISES AND PRAYER REQUEST

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## FOR FURTHER STUDY

2 Corinthians 12:8-10