
The power of a renewed mind.
Romans 12:2

Discontent vs. contentment

Contentment:

Philippians 4:10-13 | Colossians 3:17 | Ecclesiastes 11:21-11

- o Coping with what is, accepting what can't be changed.
- o Learned, not acquired.

Contentment killers:

John 21:18-22 | Ecclesiastes 5:10 | Proverbs 23:4-5 | Proverbs 13:12
Romans 12:3 | Proverbs 14:30 | Matthew 18:8-9 | 1 Timothy 6:9-11

Human nature:

- o Comparison.
- o Greed.

Poison people & places.

Obsessive focus on tomorrow.

My renewed mind of contentment.

Matthew 26:39-46 | Colossians 3:17 | Philippians 4:13

1. Change what you can, accept what you can't... for now.
2. Treat every situation as a special assignment from God.
3. How can I bring Glory to God TODAY.

Our Life Groups use this insert as a discussion guide throughout the week. We encourage you to take that next step in your journey with Jesus and His church by joining one today! www.seekreallife.com

Connecting

Looking back over your notes from Sunday, was there something that stood out that you would like to share?

Check the area(s) below where you would most likely be challenged when it comes to becoming or remaining content?

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Job | <input type="checkbox"/> School |
| <input type="checkbox"/> Relationships | <input type="checkbox"/> Possessions |
| <input type="checkbox"/> Self-Image | <input type="checkbox"/> Health |
| <input type="checkbox"/> Finances | <input type="checkbox"/> Other: _____ |

What do you do when you struggle with discontentment?

Digging Deeper

Read Ecclesiastes 21:11 & 510-12. *Here the writer of Ecclesiastes explores all sorts of ways we try to create contentment for ourselves.*

What are 2-3 insights you learn from this passage about the pursuit of contentment?

Why do you think we fall into the trap of letting our circumstances drive whether we are contented or not?

Learning to be content does not mean checking the drive or desire to succeed at the door. However, discontentment is very poor fuel to move us forward and often leads to hard-hearted bitterness.

Read Deuteronomy 8:10-18. How does this passage help us understand balance in the area of drive and contentment?

Notes:

What can be a danger of material success? What wisdom do you find in this passage?

When life is good, being content with our assignment isn't at all that difficult. However, when our circumstances are tough, it's another story!

Read the following passages and write down what can help you cope with or accept the circumstances you are in:

Matthew 6:25-26:

Proverbs 12:1, 15:

Philippians 4:10-14:

Ecclesiastes 4:9-12:

Can you think of examples of how these passages (or similar ones) have helped you remain content in spite of your life's circumstances? If so, please share!

What is one or two things you are thankful for as you think back on this Life Group session?

**Don't love money. Be satisfied with what you have.
For God said, "I will never fail you. I will never abandon you."**

- Hebrews 13:5