

Cultivating Contentment

What is contentment?

What do the following passages tell us about contentment?

- 1 Timothy 6:3-10
- Philippians 4:10-13
- Hebrews 13:5-6
- 2 Corinthians 12:7-10
- Psalm 73:1-28

1. The apostle Paul on contentment (Philippians 4:10-13)

a. “experiential” contentment

b. “gospel” contentment

Gospel contentment is a learned attitude and consequent feeling that trusts the good sovereignty of God in any lived experience, freeing the believer to accept their situation and serve Christ within it.

i. If that’s Gospel contentment, what is discontentment going to be?

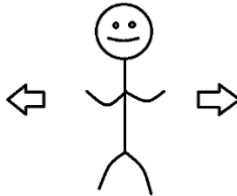
Case studies in contentment

Further Questions:

- What experiences have led you to be content or discontent?
- What have been the fruits of contentment or discontent in your life? How has it affected your actions and relationship with God or others?

1. Meet Dave...

*Universe 1: Dave has
Experiential contentment
Rooted in his degree*



*Universe 2: Dave has
Gospel contentment
Rooted in his God's good
sovereignty*

2. The discontent of “experiential” contentment

3. Dominoes of discontent

Cultivating contentment

1. Recognition
2. Prayer
3. Truth
4. Response

Prayer time

- What is it about God’s character that your most grateful for? In what ways do you know him to be sufficient in any situation?
- Where are the pressure points in your life that may lead to, or have led to discontent?
- How might you apply the template from 2 Corinthians 12 in order to tackle these pressure points and trust more in God?