

4. How is it that Paul could be content and sorrowful at the same time?

Learning Contentment in a Discontented World - Part 1

“Why We Need to Learn to be Content”

Philippians 4:10-13

Envy is just one form of discontent. Other powerful emotions that come out of discontent include greed, selfish ambition, and _____.

5. Why is finding contentment within ourselves ultimately problematic?

The Bible calls us to a life of _____. (See Hebrews 13:5; 1 Timothy 6:6; Philippians 4:11)

Contentment is not about lacking _____ or initiative. It's not about setting sites low or easy to achieve goals. It's not about settling for less. (See 1 Corinthians 7:21)

6. How can the doctrine of the Trinity help you find deeper contentment?

Contentment doesn't put us above our circumstances; contentment is based on gaining a vision of our unseen (but equally real) circumstances in _____. (See Philippians 2:25-27)

7. What are you hoping to get out of this series?

You cultivate what you love and love what you _____.

Why We Need to Learn to be Content (Part 1)

1. We are made in the image and for the glory of God who is

_____.

“Any attempt to understand contentment must begin with God. As the only uncreated being, he is the only one who is not dependent on someone or something else. He is entirely self-sufficient. And as such, he alone is eligible to be the source of any true and lasting contentment.” (Erik Raymond)

While people all around us are pursuing contentment, the answers offered always go to sources ultimately within _____.

The Bible’s answer to low self esteem isn’t to feel good about myself or accept myself or to ignore what others think of me but to seek the esteem of an outside source and that source is God and to seek it in his grace through Christ.

Only God is _____.

We are made in God’s image, but that doesn’t mean we too are self-sufficient. To think that is a misunderstanding of what image means and a misunderstanding of the _____ of God’s self-sufficiency.

“In Christianity God is not an impersonal thing nor a static thing—not even just one person—but a dynamic pulsating activity, a life, a kind of drama, almost, if you will not think me irreverent, a kind of dance.” (C.S. Lewis)

We make a habit of elevating things and _____ God. (See Romans 1:25)

God is all about renewing his image in us. That’s what Jesus came to do. He came to rescue us from our false gods that leave us discontented and to reconcile us through his death and resurrection to the God who is the source of true contentment.

A helpful resource for going deeper on your own in this series is [Chasing Contentment](#) by Erik Raymond.

Personal Reflection & Small Group Questions

Please complete this study on your own, then bring it to your small group for discussion.

1. Looking back over your notes from this week’s sermon, what particularly caught your attention, challenged, or confused you?
2. If you think back to an episode of strong envy in your life, what did it reveal about your values or your desires?
3. What are some of the lessons you can glean about contentment from the following passages?
Luke 1: ¹⁴ Then some soldiers asked [John the Baptist], “And what should we do?” He replied, “Don’t extort money and don’t accuse people falsely—be content with your pay.”
1 Timothy 6: ⁶ 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 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.” ⁶ So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me?”