

5. Review the three spiritual disciplines that we highlighted. Which of these will you commit to adding to your daily walk with God?

6. Read and reflect on Philippians 4:13 and Romans 12:2. How can you apply this to how you practice spiritual disciplines?

7. Discontentment comes from believing in false "promises". What are some false "promises" you are believing in your life that are leading you to feel discontent?

8. What can you do at this time in your life to grow closer to Christ?

Learning Contentment in a Discontented World - Part 3

"How We Can Learn to be Content"

Philippians 4:10-13, James 1:1-4

How We Can Learn to be Content

1. It starts with awareness and _____

- Awareness of our ultimate _____
- Gratitude for God's _____ and _____
- _____ between what we believe and how we live

"Consider it pure joy when you face trials of many kinds ... the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything." James 1:1-4

2. We are equipped through Spiritual _____

Routines that help us experience an invisible God in visible and _____ ways.

- _____

"Like a sacred power washer, it blasts away the mold and mildew of sin that accumulates through our ordinary, day-to-day life. The Word cleanses us as it makes us holy." (Erik Raymond)

- _____
- _____ a time to pray
- Bring a heartfelt sense of reverence, need, trust, and _____
- _____
- This is intentional chewing, tasting, and ruminating on God's word

3. We must see through the shiny _____

Discontentment comes from believing false _____

Three _____

- The desires of the _____
- The desires of the _____
- The pride of _____

"Learning contentment is learning to see through the shiny wrappers and assess these temptations with discernment." (Erik Raymond)

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. Describe an area of your life or a time in your life when your physical circumstances lead you to a feeling of discontentment with life and with God.
3. Read James 1:1-4. We learned this weekend, that to be perfect means there is harmony between what we believe and how we live. Where does your life feel like it is lacking this type of harmony?
4. Which spiritual discipline (bible reading, prayer, meditation, etc.) is most difficult for you?