Contentment

Seek First | Week Three

November 12th & 15th | Greg Turbin

Matthew 6:33 "*Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.***"**

Week 1: *Heart: Who has first place in our hearts?*

Week 2: *Stewardship: Who owns it all?*

Week 3: *Contentment: What am I trusting?*

Peace comes when we trust God's provision more than our own plans.

Matthew 6:25–34 *"That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear.... Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."*

Definition of Contentment:

- Feeling or showing satisfaction with one's possessions, status, or situation - Merriam-Webster
- **GK '*eudokeo*'** Be well pleased, have pleasure, be willing, one's good pleasure, take pleasure
- **GK '*autarkes*'** Sufficient for one's self, strong enough, content with one's lot or means.

  Philippians 4:11–13 " *Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength."*

Contentment is not…

- Being apathetic**,** settling for 2nd best, the absence of struggling through conflicts and trials, etc.
- Discontentment is…
  1. The Deception of "More"
  2. Mindset – "Life will be better when…": Contentment is not a Destination, but a Journey
  3. Storing Up Treasures on Earth: Discontentment and worry expose our true 'treasures'

Contentment is…

- Circumstance-Independent: Like Paul, true contentment is not dictated by the bank account but by Christ.
- grateful, thankful, joyful, etc.
- is knowing that God cares: God is neither absent, unaware, nor indifferent to your needs.

A Shift in What We Chase… *While the world aggressively pursues wealth, comfort, status, and security, following/pursuing Jesus reallocates our energy toward the Kingdom.*

CULTIVATING CONTENTMENT

1. **Start Each Day with Awareness of, and Seeking God's Faithfulness**

   Psalm 103:2 *"Let all that I am praise the LORD; may I never forget the good things he does for me."*

2. **Let Gratitude Shape your Prayer Life**

   Philippians 4:6–7 *" Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."*

3. **Guard Against Comparison and Entitlement**

   Ecclesiastes 5:10 *"Those who love money will never have enough. How meaningless to think that wealth brings true happiness!"*

4. **Practice Gratitude in the High's and Low's of Life**

   1 Thessalonians 5:18 *"Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."*

   Assess your contentment and gratitude in your *TIME*, *TALENTS*, & *TREASURES*.

5. **Reflect on Your Growth and God's Faithfulness**

   Psalm 73:23–26 *"Yet I still belong to you; you hold my right hand. You guide me with your counsel, leading me to a glorious destiny. Whom have I in heaven but you? I desire you more than anything on earth. My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever."*

Discussion Questions

Read **Matthew 6:25-34**:

1. What are some common daily worries or anxieties you face, and how does Jesus' teaching in **Matthew 6:25-34** challenge how you handle those worries?
2. What does it mean to "seek first the kingdom of God and his righteousness" in practical terms? How can prioritizing God's kingdom reduce worry in your life?
3. Jesus says that worry reflects a lack of faith. Why do you think worry and faith cannot coexist? How can we strengthen our faith to overcome worry?
4. From **Phil 4:11-13**: What is the connection between faith in God and living a contented life?
5. Of the five '*Cultivating Contentment*' steps, which do you have questions of seeing your greatest potential to struggle with?

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