"Contentment: What am I trusting?"

Main Idea: Jesus is… enough.

God is ***generous*** because He gives us Himself. And He's enough. If you believe "Jesus is enough," you will be able to ***enjoy*** these three gifts:

1. Immeasurable Riches of Grace (Ephesians 2:4-7)
2. The Cure for Anxiety (Matthew 6:25-30)
3. Exactly What You Need (Matthew 6:31-34)

Prologue: What Contentment Is (and Isn't)

Contentment is defined as *"The state of being mentally or emotionally satisfied with things as they are." (GotQuestions.org)*
True contentment is a choice, not a feeling.

- True contentment is not a comparison game (ex., "Be content because there are people who have less than you.")
- True contentment doesn't come from "having more faith" or "trying harder." It's by continuing to recognize how wealthy we are in Jesus, and living in that perspective with gratitude.
- True contentment isn't complacency. It's not a lack of ambition or desire to make a difference.

Recognize who God is, what He offers you through the gospel, and then put that into perspective when counting your riches. Understand how rich you are, Christian.

Gift #1: Immeasurable Riches of Grace

Ephesians 2:4-7 (ESV) "But God, being rich in mercy, because of the great love with which he loved us, 5 even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— 6 and raised us up with him and seated us with him in the heavenly places in Christ Jesus, 7 so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus."

If you believe God's Word, it means that He:
1. Loves you and is merciful over you beyond all human comprehension.
2. Paid your enormous debt on the cross.
3. Raised again, and will raise you with Him to the heavenly places.
4. Gave you a seat at His table, and immeasurable riches of grace.

Hebrews 13:5 (ESV) "Keep your life free from love of money, and be content with what you have, for he has said, 'I will never leave you nor forsake you.'"

Gift #2: The Cure For Anxiety

Matthew 6:25–30 (ESV) "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more **value** than they? 27 And which of you by being anxious can add a single hour to his span of life? 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?"

Luke 12:21 (NLT) "Yes, a person is a fool to store up earthly wealth but not have a rich relationship with God."

True contentment on our own is **impossible** for human beings.

- Why? We live in a fallen world, and (whether we know it or not) yearn for the perfect world that God originally designed.
- So what do we do? Human beings, without Christ, try to fill that void with things that are in themselves, broken and temporary.

However, there's something in this universe given to us that will never ever fade. The gospel and God's love for you.

Gift #3: Exactly What You Need

Matthew 6:31-34 (ESV) **"**Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you. 34 'Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.'"

- True contentment comes from an eternal mindset. That God is the creator of all things, that he made all things, but ultimately he's the true prize. And that He gives us everything we need.
- That frees us to focus on the kingdom of God and His righteousness first, and trust that He'll provide everything else we need.

Luke 12:32–34 (ESV) "Fear not, little flock, for it is your Father's good pleasure to give you the kingdom. 33 Sell your possessions, and give to the needy. Provide yourselves with moneybags that do not grow old, with a treasure in the heavens that does not fail, where no thief approaches and no moth destroys. 34 For where your treasure is, there will your heart be also."

Philippians 4:11-13 (ESV) "Not that I am speaking of being in need, for I have learned, in whatever situation I am, to be content. 12 I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. 13 I can do all things through him who strengthens me."

- In times of feast and times of famine, we can compare our circumstances with the beauty of the gospel, and be thankful regardless.
- Contentment doesn't come from a lack of desire for things. God made everything; He made all the good things in this world, and He invites us by his grace to enjoy many of those things.
- But even if you had nothing else in this world, Jesus is enough.

Small Group Discussion Questions:
Icebreaker: Imagine the "perfect plate" of food. What's on it?

1. How would you define "contentment"? Why is it so difficult to live out every day?
2. Read Matthew 6:25-34. What can we learn from Jesus, His care, and His provision?
3. In your life, what is something "missing" in your life/worries you have, and how can you apply Jesus' Word in this?
4. Read Ephesians 2:4-7. What does Jesus offer you? How does this compare with your physical possessions?
5. What are some practical ways you can practice contentment this week? What's your next step?

Overtime Podcast

Serve Info

Group Questions

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