contentment: what am i trusting?

seek first | week three

post falls campus | november 12th & 15th | craig miles

Review

- In a series based on Matthew 6
- We are talking about Kingdom living vs worldly living
- Week 1 - Heart: Who has 1st place in your life?
- Week 2 - Stewardship: Who owns it?

<u>This week - Contentment</u>

<u>Content Definition</u>: pleased and satisfied with what one has: not disposed to complain

<u>Paul's contentment</u>

Philippians 4:11-13 (NIV) … for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength.

- Paul said he learned the secret of being content. He found the secret to being content in EVERY situation. That's worth exploring.

Why we need contentment:

1. Discontentment often reveals a struggle to trust God
    - Adam and Eve in the garden
2. Contentment honors God. Discontentment dishonors God
    - When we're content, we're demonstrating that we trust God's wisdom, goodness, and sovereignty.
    - It's easy to forget all the blessings of God (Exodus 16)
3. Discontentment is often contagious
    - Moses became discontent because the people were discontent
4. Choosing contentment isn't a punishment. It's for our good. (1 Timothy 6:6-10)
    - The more we have access to, the less content we often are
    - God cares too much for us to give us everything we want
5. Contentment during difficult situations may also be for other people's good (Philippians 1:12-14)

Three important principles about Christian contentment:

<u>#1 Contentment is learned, not inherited</u>

- We are naturally discontent, because we long for perfection (Romans 8:19-23)
    - Ever since Adam and Eve sinned, we have been striving for perfection.
    - Material things aren't necessarily bad. God blesses us with good things
    - Paul learned contentment through both hardship and abundance. He had both, at different times, according to what God knew he needed
- Contentment is a Spirit-enabled mindset believers must actively put on

<u>#2 Contentment is not circumstances dependent</u>

- Whether Paul had a little or a lot, he learned to be content
- Paul not only was content based on material things, but based on what was happening around him as well (Acts 16:16-40)
    - This doesn't mean that there isn't sorrow when we go through difficult circumstances
    - There is actually a Holy Discontentment - *a deep spiritual conviction that a specific problem in the world should not be the way it is.*
    - It doesn't mean that we just accept brokenness
        - We are supposed to work to produce good things (Colossians 3:23-24)
    - God also calls us to stand up for injustice (Isaiah 1:17)

<u>#3 Contentment must be practiced ongoing</u>

- Practicing contentment is a life-long endeavor
    - There is grace in this. God knows our struggles - and He's sympathetic, not condemning
- Ways to practice contentment
    1. Have a stewardship mindset
    2. Stop feeding comparison
    3. Regularly look for areas of discontent and replace those thoughts with gratitude
    4. Practice surrendering what we can't control.
    5. Walk in obedience, even when I don't feel like it
    6. Have a Kingdom mindset (2 Timothy 4:6-8)







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