

# Matters of the Heart

## A Content Heart

### INTRODUCTION – Learning to develop a Content Heart

- ▶ Personal contentment scale:

0 1 2 3 4 5 6 7 8 9 10  
Low Medium High

- ▶ Philippians 4:12 - I have learned the secret of being content in any and every situation.

### CONTENTMENT DEFINED

- ▶ Contentment = A state of happiness & satisfaction.

Observation #1: Though contentment may be affected or tested by what is going on around us, it is essentially an inner directed attitude.

Observation #2: Being content (or discontent) is a choice!

Observation #3: Being content doesn't mean you can't seek to improve the condition of your life. (Philippians 3:13-14; 1 Corinthians 7:17-24)

Observation #4: You can find contentment in your current situation.

### CONTENTMENT IS MANDATED BY GOD (Luke 3:14; Hebrews 13:5-6)

- ▶ WARNING: Contentment doesn't come naturally to the fallen heart!

### THE SECRET OF CONTENTMENT (Unlearning to Learn)

- ▶ Reading Resource: Erik Raymond - Chasing Contentment – Trusting God in a Discontented Age
- ▶ Heart Exercise: If you are having a hard time being content, make a list of everything you have that you don't deserve, and then make a list of everything you deserve that you don't have
- ▶ Heart Exercise: Adjust this Prayer: Lord, help me have what I want.

Observation #5: Contentment has nothing to do with what or how much you possess. (1 Timothy 6:6-10)

Observation #6: The secret of contentment is having the right goal. (Philippians 4:11-13)

- ▶ Right Goal Formula: If you want to be content, think less about yourself & more about Christ.

### CONTENTMENT IN 2017

- 1 Make knowing Christ your number #1, ongoing goal in life
- 2 Establish a reasonable standard of living
- 3 Establish the habit of giving
- 4 Develop a thankful heart
- 5 Choose faith & reject fear
- 6 Trust God's promises
  - Power: Philippians 4:13
  - Provision: Philippians 4:19
  - Peace: Philippians 4:7

## LifeGroup Questions - Doing Life Together

Week of May 21-27, 2017

### *Matters of the Heart*

#### A Content Heart

Sermons can be viewed online at [creeksideeg.com/sermon](http://creeksideeg.com/sermon)

Questions are based on the NIV translation of the Bible

#### PRAYER

Begin your time together by thanking God for the many ways He graciously provides for us in this life.

#### MY STORY

Describe a time you worked hard to get or achieve something you thought would bring contentment, only to discover that after a while that possession or achievement didn't deliver what you had hoped for.

#### DIGGING DEEPER

1. What new insight did you gain from Sunday's message regarding contentment?
2. Define contentment in your own words.
3. Explain the following statements in terms of contentment in today's culture:
  - "The only thing that really satisfies is a little bit more."
  - "Keeping up with the Jones."
  - "Advertising tries to get you to be discontent and believe you need whatever they are selling."
4. What are some of the indicators that many people in the world are not content with their situation? In your estimation, are Christians any more content than the typical non-Christian?
5. Read **1 Timothy 6:6-12** and answer the following questions:
  - What does Paul state is of "great gain"? What is his rationale for saying this (vv. 6-7)?
  - What does Paul say that Christians should be satisfied with (vv. 8-10)? Why? Do you agree with Paul's assessment? Why or why not?
  - What does Paul encourage Christians to seek (vv. 11-12)?

6. In your opinion, does being content mean that people should not work to improve their financial condition? Explain. How is this different from seeking to be rich?
7. Name a time when being discontent is not a bad thing?

#### DIGGING EVEN DEEPER

8. Read **Philippians 4:11-20** and answer the following questions:
  - What was Paul rejoicing over in verse 11?
  - What important lesson had Paul learned regarding contentment (vv. 11-13)? How are you doing in regard to learning the same lesson?
  - **Philippians 4:13** is a famous verse that is often quoted among Christ-followers. How was Paul applying it in the context of contentment?
  - Summarize **Philippians 4:14-18** in your own words?
  - The believers at Philippi were extremely generous in supporting the Apostle Paul's missionary efforts (vv. 15-16). How is verse 19 to be understood in this bigger context?
9. Read **Psalms 131** (Don't worry, it's short!) How does this psalm relate to contentment?

#### TAKING IT HOME

10. Describe a time when you needed help and someone reached out to meet your need.
11. How would you rate your contentment factor. Check the appropriate phrase,
  - \_\_\_ I am very content and feel like I am learning to be content with a little or a lot.
  - \_\_\_ I am content sometimes but then I want something more.
  - \_\_\_ I have been chasing "a little bit more" my whole life and have never been very content.
12. Is there something God is prompting you to do to become more content?

#### PRAYING TOGETHER

Pray for the needs of your group and ask God to help you learn contentment no matter what you are going through.