

Cultivating Contentment – Experiencing God’s Peace

What is the first thought that comes to mind when you think about contentment?

Complacent?

At peace?

Impossible?

Calm?

Anxious?

Disingenuous?

Simple?

Settling for something?

Contentment (noun) –

Where in the Scriptures do we learn about contentment?

_____ is the unhealthy desire for more.

_____ is the unhealthy fear of less.

The three comparisons that steal our contentment:



Practical Application – R.E.A.L. Contentment

R

Recognize the Emotion

Am I discontent because of ambition or anxiety?

E

Explore the Origin

What experience(s) in my past trigger this emotion?

A

Acknowledge the Resolution

How has God worked that situation out for good in my life?

L

Look for good NOW

What blessing has God put in my life RIGHT NOW?

What's one area of your life where you struggle to find contentment?

R – Are you discontent because of ambition or anxiety?

E – What experience(s) in your past trigger this emotion?

A – How has God worked that situation out for good in your life?

L – What blessing has God put in your life RIGHT NOW?