

Cultivating Contentment

Celebration of Generosity

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1. Introduce yourself to 2 people around you (name, hometown, how many CoGs, how many JoGs).
2. Share the first thought that comes to your mind when you think about “contentment.”
 - Complacent?
 - At peace?
 - Impossible?
 - Calm?
 - Anxious?
 - Disingenuous?
 - Simple?
 - Settling for something?

Dictionary

Definitions from [Oxford Languages](#) · [Learn more](#)



con·tent·ment

/kən'tentmənt/

noun

noun: **contentment**

a state of happiness and satisfaction.

"he found contentment in living a simple life in the country"

Rooted in
Creation

Asserted in
Israel

Amplified in
Christ



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 blessings has God put in my life RIGHT NOW?



Thank you!

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