

## Week 7: The Wisdom of Contentment

**Texts:** *Prov. 19:23; Phil. 4:11-13*

*Prov. 19:23 – The fear of the LORD leads to life, and he who has it will abide in satisfaction; He will not be visited with evil.*

*Phil. 4:11-13 – “...for I have learned in whatever situation I am to be content. 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. I can do all things through Him who strengthens me.”*

We live in a world that constantly tells us we need more—more possessions, more achievements, more approval, more recognition. The endless pursuit of "more" can leave us weary and dissatisfied.

### **The Story of Eve in the Garden: A Lesson on Contentment**

In the Garden of Eden, Eve was approached by Satan, who questioned her contentment. He asked how she could be truly happy when she was forbidden from eating the fruit of a particular tree. By doing so, Satan shifted Eve's focus from all the blessings God had provided to the one

thing He had withheld. Eve accepted Satan's perspective without consulting God nor Adam. Eve allowed her contentment to be undermined by Satan, acted impulsively without talking either to God or her mate.

## What causes us to fall into the trap of discontentment?

- a. **COMPARISON**: Discontentment often grows when we compare ourselves to others – Read *Prov. 14:30*
- b. **COVETOUSNESS**: The desire for more can lead to sin and dissatisfaction – Read *Exod. 20:17*
- c. **UNGRATEFULNESS**: A discontent heart struggles to see God's blessings in the present.

## WHAT CONTENTMENT IS NOT

### a. ***Contentment is not having what we want.***

True contentment comes from valuing what we already possess.

**1 Timothy 6:6-8** *"But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that."*

### b. ***Contentment is not circumstantial.***

Our happiness is not based on what is happening around us.

***c. Contentment is not about settling for less but resting in the sufficiency of Christ.***

True contentment allows you to pursue goals without being driven by discontent or comparison, as it rests on a foundation of trust in God's plan for your life.

## **WHAT DOES CONTENTMENT REALLY MEAN?**

***A. Contentment is wanting what we have,*** not having what we want. Contentment is a state of being satisfied and at peace with what you have.

***B. Contentment is a state of the heart.*** It is an inner peace that comes from trusting God, regardless of external conditions and what is happening around about us.

***C. Contentment is about resting in God's sufficiency.***

God's grace is sufficient, and He is more than enough to meet our needs.

Instead of striving for more or being consumed by what we lack, contentment rests on the assurance that God's plans, timing, and provisions are perfect.

Read *Eccl. 3:11; Philippians 4:19; 2 Peter 1:3*

## PRACTICAL STEPS TOWARD CONTENTMENT

**a. *Make Him the source of your total supply***

Always remind yourself that it is not your job, not material possessions that are the true source but your true source is God.

**b. *Practice gratitude***

Make it a habit to thank God for the little and big blessings in your life.

**c. *Focus on relationships, not material things***

Value the people God has placed in your life.

Love people and use things. Don't use people and love things because what truly matters is your relationship with God and others.

**d. *Trust God's timing and plan:***

Resist the urge to compare your life to others.

God has a unique plan for each of us. Seek God's strength in times of need.

## Finding Contentment in Times of Need

We have 2 great examples...

**a. *Paul.*** Paul wrote Philippians from prison, yet he spoke of contentment. His peace did not depend on comfort or freedom but on his personal relationship with Christ.

Paul's secret to contentment, "*I can do all things through Him who strengthens me,*" is a powerful reminder that contentment comes from **Christ's strength in us**, not our external circumstances.

**b. Jesus.** In the darkest hour of His life, He was able to commit His Spirit into the hands of His Father. In **Luke 23:46**, "*Father, into your hands I commit my spirit....*"

That verse was ***the prayer every Jewish mother would instruct their child before going to bed.***

This shows that even on the cross, Jesus died like a child falling asleep, content and at rest, in His Father's arms.

And that is the exact description of the word CONTENTMENT.

True contentment comes from a personal relationship with God, not material possessions.

When our trust is in God, we achieve inner peace that surpasses worldly wealth.

When we align our hearts with His, we can face life's highs and lows with contentment.