

# Learning & Choosing Contentment

“ . . . for I have learned to be content whatever the circumstances . . . . I can do everything through him who gives me strength.”

-Philippians 4:11, 13

## Learning to be Content

1. Look up the following passages to discover what God says about contentment. For each passage, write a brief summary of what is being said about contentment, being satisfied, etc.

Job 36:11

Ps. 65:4

Ps. 73:25-26

Ps. 81:13-16

Ps. 90:14

Ps. 103:5

Ps. 107:9

Ps. 145:16

Prov. 13:25

Prov. 14:30

Prov. 19:23

Prov. 30:7-9

Eccl. 4:8

Eccl. 5:10

Is. 55:2

Jer. 31:14, 25

Joel 2:26

Hosea 13:6

Matt. 5:6

Matt. 6:33

2 Cor. 12:7-10

Phil. 4:11-13

1 Tim. 6:6-11

Heb. 13:5

2. Review your thoughts and notes on the above passages. Group the verses into 3-5 topics or categories that represent the main themes/ideas being expressed. Examples of topics/categories might be: connection between money and contentment, pictures of discontentment.

3. Using a dictionary, write down the definitions for the following words:

-- content

-- choose

-- satisfy

-- discontent

-- learn

4. How can knowing God's character help us to be content?
5. Read 1 Timothy 6:6-11 again. What qualities, thought patterns and actions might characterize the love of money?
6. Read Philippians 4:11-13. What is the link between resting in and appropriating His strength and being content? Can you be content apart from His strength? Why or why not?

## **Choosing to be Content**

1. Explain the difference, and the relationship, between learning to be content and choosing to be content.
2. Describe what your life is typically like when you are content – your thoughts, attitudes, actions, words, feelings, and desires. Then describe what your life is typically like when you are discontent. Write down any repeated tendencies or patterns you see.
3. Write down a few areas in your life where you struggle with being content (i.e., money, dating/marriage).
4. What are some things (people, situations, desires, etc.) that seem to prompt a spirit of discontentment within you? How can you learn to recognize and combat these?
5. From this study, write down 1-2 application points you want to focus on in learning and choosing contentment.