

Disciplined Disciples

Northwest Church of Christ: Young Adults

Winter Quarter: 2014-2015

Topic: "Learn To Be Content"



Important Scriptures

- Hebrews 13:5- Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you."
- Luke 3:14-Soldiers also asked him, "And we, what shall we do?" And he said to them, "Do not extort money from anyone by threats or by false accusation, and be content with your wages."
- Philippians 4:4-13-"Rejoice in the Lord always; again I will say, Rejoice"
- "do not be anxious about anything, but in everything by prayer and supplication"
- "Think about these things." "I have learned in whatever situation I am to be content."
- 13 I can do all things through him who strengthens me.

Contentment- "sufficiency, in need of no additional assistance" – Greek

Diogenes was a philosopher that lived at the time of Alexander the Great. Diogenes lived in a small metal tube. The saying went- "A tube is large enough for Diogenes but the whole world is too small for Alexander"

How can we overcome this? What are some practical ways we can rid ourselves of selfish tendencies?

Let us begin by reading Philippians 4:4-13.

Paul says- "I have learned..." Contentment is not natural. It must be learned by all.

#1. Focus on people.

- When we take time to truly focus on someone else, we don't have time to think about all that we do not have.
- Be gentle- Phil 4:5- Elders are instructed to be gentle (1 Tim 3:3), preachers are instructed to be gentle (1 Timothy 6:11)
- Imagine going in the empty auditorium and looking at where people usually sit. Think about those people, ask "What struggles are they dealing with? What can I pray about on their behalf? How can I help them?"
- Often times being discontent is simply a result of being unable to see passed yourself.

#2. Be a person of prayer.

- Phil 4:6- do not be anxious for anything, but pray in everything.
- Praying is the Biblical solution to worry.
- "Let your request be made known to God"
- This is not us demanding what we want, but requesting. Then resting in His judgment.
- A discontented person says- "I know what I need better than God does."

#3. Control your thoughts & attitudes.

- How often have you heard the phrase- "I can't help but think about it"? When we make this statement, we are saying that God gave us an impossible command. (Phil 4:8)
- When the thoughts of "I want this" creep in, replace them with God already gave me "this."
- Hebrews 13:5- "be content with things you have"- not, "If I can just get ____ I will be content"
- Luke 3:14- "be content with your wages"
- It is impossible to focus on what you don't have if you are focused on "these things" found in Phil 4:8
- Ultimately we need to realize that a lack of contentment is really a lack of faith in God.



Discussing the Word

1. Do you believe that being discontent is a sign of a struggling faith? Why?
2. What is the hardest aspect of life for you to be content with?
3. What are some ways that you control your thoughts?
4. If we are not a content people, how will that affect our children?

