

Helping A Believer With Contentment

Training Objective: That the Christian *clearly understands* the biblical encouragement for contentment and *regularly strives* to live content.

I. What

Contentment is “an internal satisfaction which does not demand changes in external circumstances”⁽¹⁾ brought about by observation, interpretation, application, & the implementation of God’s truth. “I have learned the secret of being content in any and every situation” (Phil. 4.12b).

II. Why

A. Contentment provides the believer security. God promised to never leave us or forsake us, so contentment begins with trusting that God will provide for your needs. (Hebrews 13:5)

B. Contentment allows believers to be satisfied with what they have. It enables satisfaction with needs, and prevents allowing wants to get confused with needs. (Philippians 4:10-12, 2 Cor. 9.8)

C. Contentment encourages believers that God is sovereign and has a holy and perfect plan. (Romans 8:28)

D. Contentment helps us know that we as believers are sustained by Christ who strengthens us, in whatever our situation may be. (Philippians 4:13; Galatians 2:20; Isaiah 40:31)

E. Contentment reminds believers in Jesus are made complete in Him. We can be content with who we are because our identity comes from Christ alone—not ourselves, our circumstances, or anything we do. (Colossians 2:10, Philippians 3:8, Romans 8:17)

F. Contentment doesn’t let circumstances influence whether you are satisfied or not. (Luke 6:21-23)

G. Contentment paired with godly living is great gain for the believer. (1 Tim. 6.6)

H. Contentment fights anxiousness, jealousy, greed, selfish ambition, etc. (Mt. 6.34, Jam. 3.16)

I. Contentment comes from knowing the Father (John 14.8)

III. How

A. Preparation - Encourage the believer to take time to pray over this Bible study. Ask God to use the Holy Spirit to guide them in understanding His truth and to apply it correctly and effectively to their life.

B. Observation - Help the believer follow the directions: Read each of the verses listed below. As you read, do these things in each verse:

- 1.) Circle the word content, contentment, or any synonym for it.
- 2.) Draw a box around anything that tells about God, who he is or what he does.
- 3.) In each verse, there is an underlined phrase. For each phrase, ask yourself "Why?" Draw an arrow to the part of the verse that answers the question.

Proverbs 19:23 — The fear of the Lord leads to life; then one rests content, untouched by trouble.

Job 36:5-12 — If they obey and serve him [God], they will spend the rest of their days in prosperity and their years in contentment. (v.11)

Psalm 63:2-5 — I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you.

Psalm 103:2-5 — Praise the Lord, O my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

Psalm 90:14 — Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.

Psalm 34:10 — Those who seek the Lord lack no good thing.

Psalm 23:1 — The Lord is my shepherd, I shall not be in want.

Hebrews 13:5 — Be content with what you have, because God has, "Never will I leave you; never will I for- sake you."

** If you have additional time or desire, continue this process with the verses listed under the "Why" section providing your own underlines.

C. Interpretation - Take time to clarify any portion of Scripture they don't understand. Ask them questions like:

1. What do you think the author is trying to say here.
2. What does the passage mean?

3. How would the original audience have understood this?
 4. Is there anything that is implied in this passage?
 5. Bombard the passage with "why" questions.
- D. Application - Help the believer make the transition between what the verses mean and why they are important, to what they mean in their own life....why it's important that contentment is a part of their everyday.
1. Share the "Your Identity In Christ" Video with them.
 2. Here are some great tools to help with application in the area of contentment:
 - Promise to claim?**
 - Example to follow?**
 - Attitude to change?**
 - Command to obey?**
 - Error to avoid?**

 - Sin to confess?**
 - Truth to proclaim?**
 - Exaltation of God or Evangelism tip to follow?**
 - Prayer to pray?**
 - Something to thank God for?**
- E. Implementation - Once they have determined what application points they have with biblical contentment, Help them to develop an implementation plan.
- How will the believer get those truths into their life for the long term.
 - How will they recover from contentment failure
 - What areas of accountability will they need to pursue contentment
- F. Inspection - Set up a time with the believer to connect again after the study to inspect how things are going, what areas need more attention.
- G. Reciprocation - Share contentment with other believers.
- 1.) Help the believer by introducing them to another Christian to the Contentment Study. Encourage them to share their testimony of how the contentment study has helped them.
 - 2.) Have the believer go through the same process you have walked through with them in another believers life. Start by giving them your testimony of how partnering in the contentment study has helped you.

IV. Resources

A. Publications/Illustrations

1. The Search For Significance by Robert McGee
2. Dissatisfied Contentment by John Piper
-<http://www.desiringgod.org/articles/dissatisfied-contentment>

B. Videos

1. Your Identity In Christ (YouTube)
-<https://www.youtube.com/watch?v=hsDQEb-qlyM>
2. Contentment (Higher Praise Tube)
-<http://www.higherpraisetube.com/video/CONTENTMENT>