

LEARNING TO BE CONTENT

MICHELLE MYERS

All quotes are from class speaker unless otherwise noted.

Download the Resource:

<https://sheworkshisway.com/wp-content/uploads/2022/06/Contentment-Journal.pdf>

Philippians 4:8

Paul talks about contentment as something we have to learn.

Not speaking from want.

Discontentment - stealing our joy

Warning Signs of Discontentment:

Warning Sign #1: Increased exhaustion

When you want more, you end up working all the time and trying to do too much.

Proverbs 23:4 -- Do not weary yourself to gain wealth, Cease from your consideration of it. (Proverbs 23:4) NASB – NLT says, “Don’t wear yourself out trying to get rich. Be wise enough to know when to quit.

Warning Sign #2: Increased worry

The more you have, the more you have to worry about.

Ecclesiastes 5:11-12: “Those who love money will never have enough. How meaningless to think that wealth brings true happiness! The more you have, the more people come to help you spend it. So what good is wealth—except perhaps to watch it slip through your fingers! People who work hard sleep well, whether they eat little or much. But the rich seldom get a good night’s sleep.

Studies now prove what Solomon wrote: The higher the income, the greater the insomnia.

Warning Sign #3: Increased stress (mind + body)

Hard work + poor sleep has a cost – emotionally or physically. We’re humans with limits, and eventually, stress will catch up with you.

Proverbs 14:30

Warning Sign #4: Increased conflict

Proverbs 15:27

Bribe: money or any other valuable consideration given or promised with a view to corrupt the behavior of a person -- especially in that person’s performance in their greatest level of contribution.

All quotes are from class speaker unless otherwise noted.

What corrupt behavior do you rationalize because getting more or the chance of getting more is worth it?

Warning Sign #5: Switching Your Satisfaction

Ecclesiastes refers to this as “chasing the wind.”

Believing something will satisfy you, getting it, not being satisfied, and switching your satisfaction to something else.

You probably have most of what you thought would satisfy you 10 years ago – but you’re not satisfied and now, you have a new list of what you need to be satisfied.

2 Timothy 4:6-8:

6 For I am already being poured out like a drink offering, and the time for my departure is near. 7 I have fought the good fight, I have finished the race, I have kept the faith. 8 Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me, but also to all who have longed for his appearing.

Fight the good fight.

If you fight the good fight, you won’t have energy to waste on the lesser ones.

If you’re fighting the wrong fights, you won’t have energy for the good fight.

Good fights aren’t as frequent as wrong fights. You should have plenty of time to enjoy what you have as God’s gift: 1 Timothy 6 – Ecclesiastes 5

Finish your race.

“Not that we dare to classify or compare ourselves with some of those who are commending themselves. But when they measure themselves by one another and compare themselves with one another, they are without understanding.” – 2 Corinthians 10:12

If you are trying to prove how good you are, the only way you could classify or compare is by using a standard of measurement that compares to others, not to God. Because if we measure up to what God wants or what Jesus did, we’ll quickly realize our goodness is like Isaiah called it: filthy rags.

You have a life to live that was gifted to you by God – and a race to run that He marked out for you. If you’re classifying, you’re not running.

Keep your faith.

Philippians 4:13: the secret to how He learned to be content – enjoy what you have.

Enjoy Christ: When the one thing you hold tightly to is what you’re confident that God gave you and it’s what you were created for – that doesn’t feel like less. It feels like everything – because it is.

All quotes are from class speaker unless otherwise noted.

The Secret of Learning to Be Content:

Worldview: what you don't have that you need to get

Gospel Perspective: what you have that you can't lose

Continue the conversation in our Network Facebook group or email Michelle at michelle@sheworkshisway.com