

Building Families of Character
Is it Possible to Live a Contented Life?

Notes:

- Examine everything from an _____ perspective
 - _____ is for our good
 - Live for God's _____.
- Prescription for Contentment
 - Never allow yourself to _____ about anything—not even the weather.
 - Never picture yourself in any other _____ or someplace else.
 - Never _____ your lot to another's.
 - Never allow yourself to _____ this or that had been otherwise.
 - Never dwell on _____—Tomorrow belongs to _____.
- Evaluate the state of your heart.
 - Ask who or what is the _____ of my heart.
 - Is unforgiveness holding your heart _____?
 - Cultivate a _____ heart.

Action Item: One way I can become more content is to _____

Small Group Questions:

1. What impacted you most from today's message?
2. Share how taking an eternal perspective has helped you get through a difficult situation.
3. Which of the 5 prescriptions for contentment do you struggle with the most? Why do you think that is?
4. What tends to edge God out of your heart and why? I.e. Money, influence, comfort, approval or appearance?
5. Share about a time when being grateful changed your heart.

Today's Verses

Philippians 4:11-13

Not that I am speaking of being in need, 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.

2 Corinthians 4:17-18

For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

Luke 9:23

And he said to all, "If anyone would come after me, let him deny himself and take up his cross daily and follow me."

Phil 2:14

Do all things without grumbling or complaining

Proverbs 14:30

A heart at peace gives life to the body but envy rots the bones

James 4:14-15

Yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. Instead you ought to say, "If the Lord wills, we will live and do this or that."

Psalms 37:3-4

Trust in the Lord, and do good; dwell in the land and befriend faithfulness. Delight yourself in the Lord, and he will give you the desires of your heart.

Hebrews 13:

Keep your lives free from the love of money and be *content* with what you have, because God has said, "Never will I leave you; never will I forsake you."

Matthew 6:25

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?