

Biblical Counseling Sunday School
“Contentment”
February 11, 2024

1. What comes to mind when you think of Contentment? What traits do you notice in someone who is content?

2. Are people by and large content? Why or why not?

3. What are common areas of discontent?

Scriptures: What observations can be made as we look at the following Texts on Contentment? Point out keywords, notice the context of the verse, note any commands, contrast or comparisons. What do you learn from the verse?

¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. Philippians 4:11-12 NIV

¹¹ I don't say this out of need, for I have learned to be content in whatever circumstances I am. ¹² I know both how to have a little, and I know how to have a lot. In any and all circumstances I have learned the secret of being content—whether well fed or hungry, whether in abundance or in need. Philippians 4:11-12 HCSB

⁶ But godliness *actually* is a means of great gain when accompanied by contentment. ⁷ For we have brought nothing into the world, so we cannot take anything out of it either. ⁸ If we have food and covering, with these we shall be content. 1 Timothy 6:6-8 NASB 95

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." Hebrews 13:5 ESV

⁵ Let your conduct *be* without covetousness; *be* content with such things as you have. For He Himself has said, "I will never leave you nor forsake you." Hebrews 13:5 NKJV

⁸ Philip said to Him, "Lord, show us the Father, and it is sufficient for us." John 14:8 NKJV

⁸ Philip said to Him, "Lord, show us the Father and then we will be satisfied." AMP

⁸ Philip said to him, "Lord, show us the Father, and it is enough for us." ESV

Definition: *autarkeia* (Contentment)

- I. a perfect condition of life in which no aid or support is needed
- II. sufficiency of the necessities of life
- III. a mind contented with its lot, contentment
- IV. to be contented, to be satisfied, to be enough

Quotes:

There is no better antidote against coveting than which is another's than being content with that which is our own. Thomas Watson

Christian Contentment is that sweet, inward, quiet, gracious frame of spirit, which freely submits to and delights in God's wise and fatherly disposal in every condition. Jeremiah Burroughs

Contentment is an embracing of the Providence of God. George Seevers

I do not know of any jewel that more decorates a Christian, or glitters in the eye of God and man, than that of Contentment. Thomas Watson

If there is a blessed life here before we go to heaven, it is the contented life. Thomas Watson

If you are not content with what you have, you would not be satisfied if it were doubled. C. H. Spurgeon

Contentment with what we have is absolutely vital to our spiritual health. Jerry Bridges

Discontent is to the soul as disease is to the body. Thomas Watson

Contentment is the direct fruit of having no higher ambition than to belong to the Lord, at His disposal. Sinclair Ferguson

Discontent keeps a man from enjoying what he doth possess. A drop or two of vinegar will sour a whole glass of wine. Thomas Watson

Contentment is wanting what you have, not having everything you want.

He is much happier that is always content, though he has ever so little, than he that is always coveting, though he has ever so much. Matthew Henry

Contentment is internal satisfaction which does not demand changes in external circumstances.
Holman Illustrated Bible Dictionary

4. What seems to be the enemy of contentment? Can you think of Scriptural examples in which _____ led to sin and the sin of discontent? There is hardly a sin where _____ is not an ingredient.

The benefits of Contentment:

1. A contented Christian carries heaven with him.
2. Whatever we are _____ is made up in contentment.
3. Contentment makes a man in tune to serve God.
4. Contentment is the spiritual arch or pillar of the soul.
5. Contentment prevents many _____ and _____.
6. Contentment sweetens every _____.
7. Contentment is the best commentary on providence.

5. With what are we to be discontent?

1. Be discontent with your _____.
2. Be discontent with sinful _____.
3. Be discontent with _____.

Characteristics that define a contented spirit.

1. A contented spirit is a _____ spirit.
2. A contented spirit is a _____ spirit.
3. A contented spirit _____ to all situations.
4. A contented spirit does not use sin as a solution.
5. A contented spirit is a _____ and _____ spirit.

How to learn contentment; attaining the divine art of contentment

1. Advance in Faith. Whatever the trial, set faith to work.
2. Get a humble spirit. A humble man is a contented man.
3. Keep a clear conscience. The conscience is first pure and then it is peaceful.
4. Learn to deny yourself by mortifying your sinful desires.
5. Put heaven in your heart. The more we have heaven in us the less earth will satisfy us.
6. Remember you are a pilgrim/sojourner. You are in the world but not of the world.
7. Do not focus on what you lack but what you have.
8. Study the inconstancy of the world. The world is passing away. 1 John 2:17
9. Regulate perception. If we could cure our distempered perceptions, we might soon conquer a discontented heart.
10. Consider how little will meet your needs. Matthew 6:11 and 1 Timothy 6:8
11. Meditate often on the coming glory. Our cross might be heavy but one sight of Christ will make us forget all of our former sorrows.
12. Pray often. Plead with God to work your heart towards this blessed condition.

