

contentment

There is tension!

We can't be content here

Romans 8:22 - 23, Ecclesiastes

We can be content here

John 6:35, Matthew 11:28 - 30, Philippians 4: 11 -12 , 1Timothy 6:6- 8

Resources

Minizine from the Good Book Company:

"The Secret of Contentment"

Good Book Guide :

"Contentment: Healing the Hunger of our Hearts" by Anne Woodcock
and supplementary study notes "Demolishing Discontent"
(download from the Good Book Company)

Books :

You Can Change by Tim Chester
Mirror Mirror by Graham Beynon

Warning: Don't be like them!

1 Corinthians 10 : 6, 1 Corinthians 10:11 Hebrews 3: 12 Psalm 95

1. Don't Forget

Numbers 16: 13 - 14

Remember

Revelation 7:9 - 17, Revelation 21:3, Romans 8:18

Time Out

What are you dissatisfied with now?

In what ways are you living as if you only had here and now?

2. Don't Worry

Numbers 21:5, Philippians 4:6, Matthew 6:25-34

Pray

Philippians 4:11-13, Philippians 4:6-8

Time Out

What are you worried about now?

What do you want to have happen? What do you need?

ASK!

3. Don't Grumble

1 Corinthians 10:6-8, Numbers 11:4-9, 18-20

Thank God

1 Thessalonians 5:18 How does it work?

Time Out

What have you been grumbling about lately?

What can you thank God for instead?