

- 1. Make a list of all the things for which you are grateful, and offer your thanks to God. Add additional blessings as you think of them and refer often to the list.**
- 2. What Scripture could be a guidepost for you in cultivating contentment in your life? Choose a contentment mantra to encourage you.**
- 3. Which of the four ways of cultivating contentment that are listed below is most challenging for you?**
  - Remember that it could be worse.**
  - Ask yourself, “How long will this make me happy?”**
  - Develop a grateful heart.**
  - Ask yourself, “Where does my soul find true satisfaction?”**
- 4. What are some practical changes you can make to simplify your life? Put a plan into action to make at least one of these changes.**



# **God's Enough: Cultivating Contentment**

*Wynn Stenftenagel*



## **Luke 12:13–21**

**Someone in the crowd said to him, “Teacher, tell my brother to divide the family inheritance with me.” But he said to him, “Friend, who set me to be a judge or arbitrator over you?” And he said to them, “Take care! Be on your guard against all kinds of greed; for one’s life does not consist in the abundance of possessions.”**



Then he told them a parable: "The land of a rich man produced abundantly. And he thought to himself, 'What should I do, for I have no place to store my crops?' Then he said, 'I will do this: I will pull down my barns and build larger ones, and there I will store all my grain and my goods. And I will say to my soul, Soul, you have ample goods laid up for many years; relax, eat, drink, be merry.' But God said to him, 'You fool! This very night your life is being demanded of you. And the things you have prepared, whose will they be?' So it is with those who store up treasures for themselves but are not rich toward God."



# Restless Heart Syndrome





Worldly Discontent → Kingdom of the World

Holy Discontent → Kingdom of God

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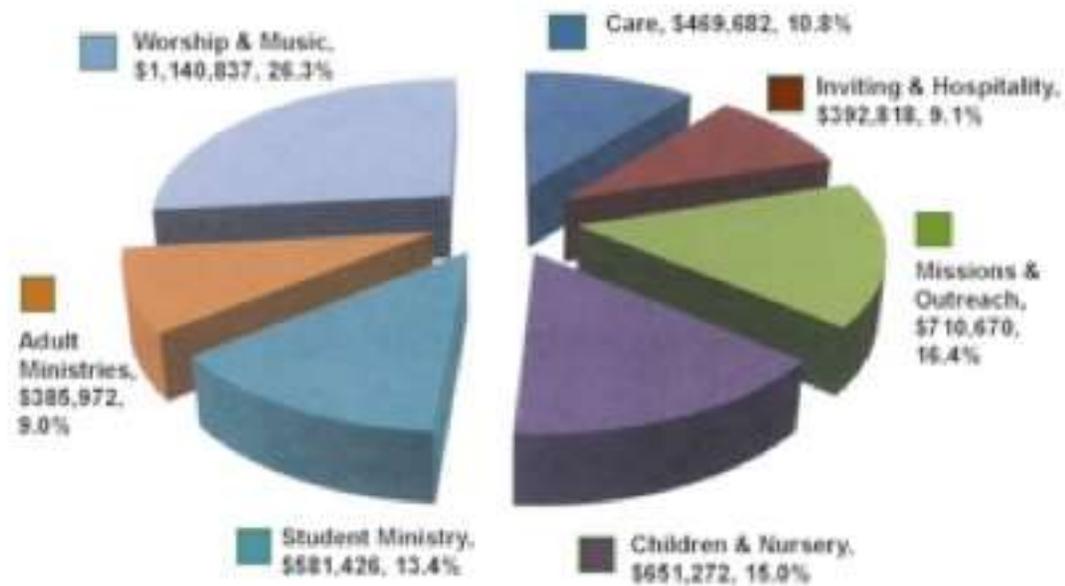
REAL CHRISTIANS WOULD...  
**WAITING**  
RIVALRY  
HEALTH INSURANCE  
**INCOME SOCIAL MEDIA**  
STATUS SYMBOL  
**INCONVENIENCE**  
ENVY  
BUYER'S REMORSE  
**RUSSIA**  
SCREEN TIME  
POLITICS  
FLAGS  
**FAKE NEWS**  
JOB  
TECHNOLOGY  
DISSENTING OPINIONS  
PROSPERITY GOSPEL  
**ENTITLEMENT**



**PREVENTABLE DISEASES** **LACK OF EMPATHY**  
**APATHY** **SOCIAL INJUSTICE** **WAR**  
**SEPARATION FROM GOD**  
**VIOLENCE** **AGEISM** **HATRED TOWARD ENEMIES**  
**HOMELESSNESS** **PRAYER LIFE**  
**RACISM** **POVERTY** **NATURAL DISASTERS** **POLLUTION**  
**SEXISM**  
**NEGLECT OF THE HUNGRY/THIRSTY/SICK**  
**JUDGMENTALISM**



## Where Our Money Goes



00:02:04;24



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## **Philippians 4:11–12**

**Not that I am referring to being in need; for I have learned to be content with whatever I have. I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need.**



## **Four Ways to Cultivate Contentment:**

- 1. Remember that it could be worse.**
- 2. Ask yourself, “How long will this make me happy?”**
- 3. Develop a grateful heart.**
- 4. Ask yourself, “Where does my soul find true satisfaction?”**



## **Hebrews 13:5–6**

**Keep your lives free from the love of money, and be content with what you have; for he has said, “I will never leave you or forsake you.” So we can say with confidence, “The Lord is my helper; I will not be afraid. What can anyone do to me?”**



## **Five Ways to Simplify Our Lives**

- 1. Set a goal of reducing your consumption and choose to live below your means.**
- 2. Before making a purchase, ask yourself, “Do I really need this?” and “Why do I want this?”**
- 3. Use something up before buying something new.**
- 4. Plan low-cost entertainment that enriches.**
- 5. Ask yourself, “Are there major changes that would allow me to simplify my life?”**



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# Self Control

Is knowing you CAN ... BUT deciding you

# Won't



Wishes  
4  
Life  
!

To be content  
no matter  
what happens  
around you.



*Godly* *Prayer* *Generosity* *Mercy* *Faith* *Peace* *Love* *Hope* *Peace* *Love* *Peace*

*Gentleness* *Self-Control* *Breathe* *Patience* *Charity* *Kindness* *Joy* *Christlike* *Forgiveness* *Holy Spirit*

*Nap* *Presence* *Goodness* *Kindness*



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