

OVERCOMING HEART PROBLEMS

Based on a study by Wendell Winkler

Lesson 5 - Overcoming Discontent

Intro: Read Psa. 23:1-3. What picture of contentment do you get from this passage?

1) What contentment is not:

- It is not going through life with no feeling or emotion; or saying "I don't C _____"! (Ro.12:15)
- It is not "self-S_____". (Rev.3:14-22 - The Church in Laodicea)
- It is not Ind_____, (1 John 3:17)

2) Contentment view positively:

- To rest satisfied. What does that mean to you?
- To be in "agreement" with your life.
- To not be always "longing" for something else in life.
- Freedom from care or discomfort (Webster's)
- Quite restfulness in the midst of all kinds of changing events in life (Pulpit Commentary)

3) What scripture has to say about contentment:

- (Luke 3:14) Be content with your W_____. How would contentment help these soldiers?
- (Phil.4:11) Paul wrote this letter from P_____, yet he says to be content in whatever S_____ you find yourself in. In Phil.4:13, he says _____!
- (1 Tim.6:6-8) * *The poorest man in the world is the man who has M_____ than he needs but feels like it isn't E_____.* (Anonymous)
- (Heb.13:5) Our confidence and hope is in G_____, not M_____ things. Keep your life free from the _____!

* (Eph.4:28, 2 Thess.3:11-12) *Be diligent in business; do all that you can lawfully and consistently to improve your own condition and to promote the happiness of others and then with calmness and resignation leave all the consequences to God.* (R.Milligan; Commentary on Hebrews)

4) What keeps us from contentment:

- (1 Tim.6:10) G_____.
- (John 20:29) A lack of F_____. What has Jesus promised us?
- (Gen.26:14, 1 Peter 2:1) E_____. (The discontent at the good fortune of another)
- P_____. (a tendency to see the worst aspect of things)
- (Luke 15:29) S_____ P_____.
- C_____ ING. The discontented person is seldom willing to keep his discontent to himself.
- The "I can't be S_____ ED attitude"!

5) How we cultivate contentment:

- W_____ at it! Paul had to learn contentment (Phil.4:11)
- (Eph.5:20) Count your B_____! Focus on what you have rather than what you D_____!
- (Col.3:1) Set your thoughts on H_____ ER & H_____ ER matters!
- (Acts 10:38) Be like Jesus; keep B_____!
- Think how B_____ it could be! If I were not blessed to born where I was, there is a good chance that I could be living in _____.
- (Luke 12:15) Learn that happiness is not tied to _____!