

Gratitude and Contentment

Key questions:

- 1) What are some things people believe that could bring them more contentment (such as a job, more money, a home, a spouse (better one), good friends)?
- 2) How does that compare with what the Bible teaches about the Source of contentment?
- 3) In what ways do people (including relatives and “close” friends), social media / internet, entertainment and music affect our **focus** and **attitude**, in good ways or bad?
- 4) In the Garden of Eden, how did Satan lead Eve to a spirit of discontent? And, how does that same spirit of discontent open the door for Satan to work in our lives today?
- 5) What things do you think *a spirit of discontent* can lead to.
- 6) What or Whom should be the focus of our gratitude and love? Why, and how?

What are some specific ways we can lose contentment if we are not careful?

(check off the things that you may struggle with)

- ☐ Forgetting God’s goodness and all His blessings and promises for us
- ☐ Strife with a friend or loved one
- ☐ Personal loss and grief (loss of a job, loss of a friend or loved one, illness / health, material loss)
- ☐ Debt
- ☐ Hanging with the wrong people, even those we are related to.
- ☐ Filling our minds with destructive things
 - What we watch
 - What we read
 - What we listen to (music)
 - Social media
 - What other people have / money and material things)
 - How we try to control other people and things outside of our control

How might we correct our focus with hearts of gratitude leading to contentment?

1) Starve the demons: (spiritually, clean house!)

- 1) Eliminate fellowship with the wrong people (including toxic and destructive relatives) while you don’t stop loving them and praying for them.
- 2) Refuse a spirit of discontent with its grumblings, complaining, and blaming.
- 3) Get rid of **destructive** types of media and practices:
 - entertainment
 - social media
 - books and magazines
 - internet sites
 - music
 - hobbies and habits

2) Feed the spirit:

- Pray
- Regularly be in God’s Word
- Replace the above with God honoring grateful people, entertainment, music, hobbies, activities and internet use.
- Remember, and keep lists and reminders of God’s amazing blessings and answered prayers (journal, card reminders, things displayed on your walls).
- Focus on the suffering of others and reach out to those in need.
- Put on the armor of God at the start of each day (Ephesians 6:10-18)
- Allow God to produce His fruit of the Spirit in you daily (Galatians 5:22-23)
- Always be careful what you dwell on and practice controlling the thought life regularly (Philippians 4:8-9).

Key verses on thankfulness and contentment:

- Philippians 2:14-15
- Philippians 4:4-9,11-13,19 (our focus)
- Colossians 4:2
- 1 Timothy 6:6-10
- Hebrews 13:5
- 1 Thessalonians 5:16-18

Gratitude leads to contentment, and shuts the door to Satan and the power of the flesh!