

# 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
  - internet sites
  - social media
  - music
  - books and magazines
  - 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!**