

Heart, Soul and MIND: Discontentment

5/28/23

Bible Reference:

Philippians 4:11-13 (ESV)

1 Timothy 6:6-10 (ESV)

Ecclesiastes 2:4-11 (NIV)

Luke 12:15 (NIV)

Proverbs 30:8-9 (NIV)

1. The thirst for more can be emotionally (and spiritually) damaging.

1. More stuff creates more stress.
2. Keeps us from what is truly good for us.
3. Makes us feel like our life is missing something.
4. Makes us more selfish.

2. Contentment: living in such a way where unfulfilled desires do not curb our sense of satisfaction or fulfillment.

1. Your character has a bigger impact on how fulfilled you are than does the accumulation of stuff.
2. You don't really need that much to be happy.
3. Be wary of the lies.

3. Application:

1. There is no way you can create contentment without trying to have a vibrant relationship with Jesus.
2. Practice living with less. There is a difference between knowing you don't need that much to be happy, and actually experiencing it.
3. Limit your exposure.

Reflection Questions:

1. How do you think an overemphasis on accumulating stuff can damage our emotional and spiritual well-being?
2. Read Proverbs 30:8-9. How does this passage challenge the way you live?
3. What does it look like to seek satisfaction in Jesus? How are you practicing this?
4. How does our character shape our satisfaction more than the accumulation of things?
5. What does it look like to intentionally develop character that reflects godliness to the world?
6. Do you believe that you don't need very much (in terms of physical goods) to be happy? Why or why not?
7. What might it look like for you to practice living with less?
8. What do you need to do to limit your exposure to the power of advertising?