

Contentment

Lesson #3 Contentment Stealers

I. Worry

A. The Greek term is a combination word: “merizo” meaning to divide and “nous” meaning mind. It is the concept of having a divided mind.

B. Consider these scriptures: James 1:8, Luke 10:41 and Matt. 6:25-34

Double minded man

Worried and upset about many things

Do not worry, do not worry, do not worry, do not worry, do not worry

C. The things we generally worry about:

1. The “What Ifs”- Psalm 112:7

2. The “If Onlys”- Numbers 20:1-5

3. The “Whys”-Hab. 1:3, 13

a. Money: How are we going to pay for college, retirement, medical expenses?

b. Parenting: Am I a good mother? Will my children turn out well?

c. Marriage: Will I find the right guy? Will my marriage last?

d. Health: Will I or someone I love get cancer or Alzheimer’s?

e. Job Security: What if I or my husband loses their job?

f. Weight: Do I look as bad as I feel?

g. Threats: What about the terrorists? Is it safe to be out and about?

Consider how much control we really have over most of these concerns.

- D. Learning to deal with worry is a PROCESS. The Key is REMEMBERING. Look at Ps. 77:11-14

II. Our Focus on Fantasy

- A. We need to be able to distinguish between the fantasy world and the real world. The real world is not filled with affluence, glamour and excitement. "All who live Godly WILL suffer persecutions (2 Tim. 3:12). The real world is filled with hard work and limitations.
- B. Watch your thought life. (Romance novels, reality television, gossip magazines, investigatory TV shows that explore the lives of celebrities) Consider Phil. 4:8 and ask the question, "Is it true?"

III. The Consumer Mentality

- A. In earlier generations, people felt good about themselves because of the things they could produce. Today, we rarely produce our own goods or services. We are encouraged to "be somebody" on the basis of what we own, not our character or even our personality.
- Remember: I am not what I own!
- B. Consider Mark 8:36 "What good is it for a man to gain the whole world, yet forfeit his soul?"

IV. Comparisons

Look at the admonishments in 2 Cor. 10:12 and Gal. 6:4

V. A Lack of Gratitude

- A. Do a quick personal inventory (1 Peter 2:9). Note the four major reasons to be praising God.
- B. Note the connection between peace and thankfulness (Col. 3:15)
- C. A grateful heart is content!

Discussion Questions:

1. Which “stealer” do you grapple with the most? What can you do to stop it?
2. Why do you think worry is such a distraction for women? What is the root cause?
3. What practical steps could you take to build more gratitude into your life?