

**Barge Women's
Spring Breakfast
Contentment
28th April 2018**

Contentment is a beautiful thing.....

Write something down that you feel discontent about at the moment.

Think of a Christian you know who you think is pretty content – what are they like?

What is contentment?

Something to learn:

Phil 4:11 "I have learned in whatever situation I am to be content."

Something that is a duty:

Heb 13:5 "Keep your life free from love of money, and be content with what you have"

1Tim 6:8 "But if we have food and clothing, with these we will be content."

Something that brings us great gain:

1Tim 6:6 "Now there is great gain in godliness with contentment"

Soul rest

*Jer 6:16 Thus says the Lord: "Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it, and find **rest for your souls.**"*

*Matt 11:28-29 "Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find **rest for your souls.**"*

Peace in our hearts

*John 14:27 "**Peace** I leave with you; my **peace** I give to you. Not as the world gives do I give to you. Let not your **hearts** be troubled, neither let them be afraid."*

Quietness of heart that trusts the Lord

*Psalms 131:22 "But I have **calmed and quietened my soul**, like a weaned child with its mother; like a weaned child is my soul within me."*

*1Peter 3:4 "let your adorning be the hidden person of the heart with the imperishable beauty of **a gentle and quiet spirit**, which is God's sight is very precious."*

A definition.....

Independent of personality

Is there a healthy discontent?

Why is it so difficult to find?

1John 2:15-16 "For all that is in the world – the desires of the flesh and the desires of the eyes and pride in possessions – is not from the Father but is from the world."

Jer 17:9 "The heart is deceitful above all things, and desperately sick; who can understand it?"

John 8:44: "When he lies, he speaks out of his own character, for he is a liar and the father of lies."

How do we pursue contentment?

False solution - change my circumstances

Jeremiah 2v13, "my people have committed two evils: they have forsaken me, the fountain of living waters, and hewed out cisterns for themselves, broken cisterns that can hold no water."

Ecclesiastes 1v2 "vapour"

Phil 4:11,12 "I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me."

Corrie Ten Boom:

'Jesus did not promise to change the circumstances around us. He promised great peace and pure joy to those who would learn to believe that God actually controls all things.'

True solution - Contentment is found in knowing Christ and yielding to Christ

Knowing Christ

*Phil 3:8 "I count everything as loss because of the **surpassing worth of knowing Christ Jesus** my Lord."*

*Phil 4:4 "Rejoice **in the Lord always.**"*

*Psalms 16:11 "You make known to me the path of life; **in your presence** there is fullness of joy; at your right hand are pleasures for evermore."*

*Psalms 27:1 "**The LORD** is my light and my salvation,"*

Yielding to Christ

Philippians 2:6 Christ "though he was in the form of God, did not count equality with God a thing to be grasped, but made himself nothing.... becoming obedient to the point of death, even death on a cross."

*Luke 22:42 "Father, if you are willing, remove this cup from me. Nevertheless, **not my will, but yours be done.**"*

*Romans 8:31-32, "He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us **all things?**"*

In Christ alone my hope is found,
He is my light, my strength, my song
This Cornerstone, this solid Ground
Firm through the fiercest drought and storm.

What heights of love, what depths of peace
When fears are stilled, when strivings cease
My Comforter, my All in All
Here in the love of Christ I stand.

Testimony

We can feed contentment or discontent

Philippians chapter 4

What are we rejoicing in? v4

What are we doing with our anxieties? v6,7

Are we practising thankfulness? V6

What are we thinking about/setting our mind on (and therefore our heart)? v8

Are we accepting the world as it is? Not utopia now, John 16:33

Further reading

*“None like Him” by Jen Wilkin

“Compared to her” by Sophie de Witt

“Mirror, Mirror” by Graham Beynon

“The rare jewel of Christian contentment” by Jeremiah Burrows

“What women really want/need” Ed Lesley Ramsay

*Emma Scrivener’s website and blog:

<http://emmascrivener.net/>

Desiring God website:

<https://www.desiringgod.org/>

The Gospel Coalition:

<https://www.thegospelcoalition.org>

A Contentment Prayer

“My Father in heaven,

I feel discontent that you have given me/not given me X.

But I want to acknowledge today that you know best.

I recognise that changing X will not bring me the contentment I imagine it will.

I will accept and embrace your plans and purposes for my life.

I yield myself to you.

I seek my peace/satisfaction/rest...contentment in You.

If you wish me to have/not have X you will work that out.

I trust you.

In Christ’ name I pray,

Amen.”