

7 Things That Steal Your Joy

Week 7 – Discontentment

August 27, 2006

Discontentment...

- Life is filled with mountaintops & valleys. As a result, we are all affected by discontentedness from time to time
- God knows this and isn't asking us to pretend that we are always "OK" with everything, unaffected by our valleys
- What God is asking is that we avoid living in a constant state of discontentedness, because no matter how deep the valley, there is ALWAYS good in our lives that we can focus on as well

****KEY** Here's the Joy-builder:** *"There will ALWAYS be things we want to see happen in our lives, but we can learn to enjoy where we are on the way to where we are going."*

-- Joyce Meyer

Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts & minds as you live in Christ Jesus. Philippians chapter 4 verse 7 (901)

How I choose discontentment over contentment

- When I'm in a hurry but God isn't
- When I want to be like someone else instead of being who God made me to be
- When I don't accept myself
- When I continue to focus on the bad around me instead of finding & celebrating the good
- When I don't trust God's wisdom or control for my life

****Trusting God = I stop looking for reasons to be discontented!**

☞ How do I become the kind of person who enjoys where I am on the way to where I am going??

I need to learn to be content

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ who gives me strength. Philippians chapter 4 verses 12 & 13 (901)

- Remember, we need to learn to be content while we're on our way to where we're going
- Like the Apostle Paul, I can learn to be satisfied enough with what I have / where I am so I'm no longer discontented by what I don't have / where I'm not
- A change of focus is needed; so I focus on what I have, not what I don't have
- This doesn't just happen to me. I have to work at it, develop this: ***Don't copy the behavior & customs of this world, but let God transform you into a new person by changing the way you think. Romans chapter 12 verse 2 (866)***

Choose to be joyful TODAY

This is the day the Lord has made. We will rejoice and be glad in it. Psalm 118 verse 24 (468)

- We only have one chance to enjoy today & to see God's goodness in it...once today is gone, it's gone forever
- ***Surely your goodness and unfailing love will pursue me (literally: run after me!) all the days of my life.... Psalm 23 verse 6 (423)***
- Look for & then celebrate God's goodness in your life today

I can be content because I am complete in Christ

In Christ lives all the fullness of God in a human body. So you also are complete through your union with Christ.... Colossians chapter 2 verses 9 & 10 (903)

- While stuff & other people make life beautiful and wonderful, Christ-followers are made complete thru their union with Christ
- complete = to be satisfied, finished, filled up
- ****If God knows that I am not content without something /someone in my life, this shows God that I won't be content with it either!! This is key!****

I can be content in my pain & suffering because I know God will bring good from it

We know that God causes everything to work together for the good of those who love God....

Romans chapter 8 verse 28 (863)

- God is NOT making light of your pain or suffering
- God is NOT asking me to be thankful for the pain or suffering
- God IS asking me to be thankful / content because he's at work in and thru the pain & suffering in my life
- What is God doing?? God promises that when I cooperate with him, he will bring good from my pain, he'll turn my area of shame into an area of strength and ministry in my life
- God promises never to waste or squander any hurt in my life!

I can be content...really

True godliness with contentment is itself great wealth. After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. So if we have enough food and clothing, let us be content. 1 Timothy chapter 6 verses 6-8 (912)

This series is based on the book Seven Things That Steal your Joy, by Joyce Meyers.