

Curriculum



Transforming Practices

Contentment

Gratitude

Discipline

Praise



PRAYERS



LEARN

More

When John D. Rockefeller was asked how much money it would take to make him happy, he responded, “Just a little more.”

Do more, get more, have more, work more, play more, more, more, more. Are these messages from the world causing you to be constantly discontented and less focused on what God has already given you?

Author Tim Kimmel says, “Keeping the average family unsatisfied is vital to our economic system. In order to lure me to a particular product, an advertiser must create a dissatisfaction for what I have – or a nagging desire for what I don’t need.”¹ Although we live in this world, we are to follow a different set of rules. And the maker of those rules knows the temptations we face daily.

Choices

We are not the first who have struggled with contentment. We follow in the footsteps of many ancestors, including the first ones. Adam and Eve were given everything in the garden except for one tree. Then the serpent lured them to crave what they didn’t have. Satan used physical and emotional desires to tempt them, and they made a devastating choice.

We have more than ever before but enjoy it less. No matter how hard we work or how much money we accumulate we are not happier. Why is that? Somewhere along the line, we have entertained the notion that we are entitled to more. Thoughts like this make us discontent. But can contentment be learned? What prevents us from being thankful for what we have? Who is to blame when we are discontent?



LIVE

Discussion questions: Read the text and scriptures below, and prepare to answer the questions.

1. Read [1 John 2:15-17](#) (NLT recommended). What temptations and desires distract you from God’s love? From where do these messages come?
2. Read [Exodus 20:17](#). When do you find it easy to be grateful for God’s provision and when do you feel dissatisfied?
3. Read [2 Samuel 12:1-9](#). What consequences have you experienced because of your lack of contentment?
4. Read [Philippians 4:11-13](#) and [2 Corinthians 12:10](#). How have you found contentment even when you’ve had unmet needs, felt weak, or found yourself in undesirable circumstances?

Read [Psalm 73:23-28](#). Where is your significance based on what the world tells you? How is this different from what these verses tell you?

Application Question: How will you shift your focus to reinforce feelings of contentment?



PRAYERS

Prayer Requests & Closing Prayer

¹ *Little House on the Freeway*, Multnomah Press, 1987



PRAYERS

Opening Prayer & Prayer Requests



LEARN

Before you begin, read the AGENDA LEARN introduction together and review the APPLICATION QUESTION from the previous meeting's RECAP.



LIVE

Discussion Questions: Have someone read each Bible verse aloud and then ask the corresponding question. Be sure everyone has enough time to find the Scripture before the verse is read.

- 1) **Read [1 John 2:15-17](#) (NLT recommended). What temptations and desires distract you from God's love? From where do these messages come?**



You were created to please our creator and live eternally rather than choose for yourself what is only temporary.



We are tempted to listen to the noise around us, believe we deserve whatever it is we want – that we are entitled to more. Physical, material, and social desires the world offers only devalue our worth. God uniquely created us and gave each person spiritual gifts, but we are daily bombarded with very different messages. Over time these messages distance us from God as we shift to relying on ourselves and what the world says we should value.



For additional conversation you might ask, "How many of your daily messages distract you from God's love and place the emphasis back on you?"

Notes:

- 2) **Read [Exodus 20:17](#). When do you find it easy to be grateful for God's provision and when do you feel dissatisfied?**



Dissatisfaction can come from listening to false messages telling you that you need something more than what God is giving you.



Our neighbors are anyone with whom we interact – not just the people who physically live next door. Coveting means to desire something that belongs to someone else. So, while we may not be jealous if our colleague is bragging about their ox or donkey, envy has many disguises: self-pity, fake praise, criticism, etc. The sin of envy may not get as much press as adultery, murder, or stealing, but its effects are still disastrous.



For additional conversation you might ask, "How can you tell if your dissatisfaction is given to you by God to change something that isn't right, or when it's coming from the world?"

Notes:

3) **Read [2 Samuel 12:1-9](#). What consequences have you experienced because of your lack of contentment?**



David saw something he wanted and even after learning the truth, still chose to sin against God.



Waiting for what we want is challenging. Perhaps you don't agree with God's timetable or plans for you. Often, when we go about our agenda, we justify it to ourselves, make poor choices, and have to suffer the consequences – like David. But, when we can choose to rest in the truth that God is more than capable of meeting our needs, reflect on God's provision, and trust that God's timing is perfect, our ability to resist temptation and remain content is easier.

Notes:

4) **Read [Philippians 4:11-13](#) and [2 Corinthians 12:10](#). How have you found contentment even when you've had unmet needs, felt weak, or found yourself in undesirable circumstances?**



Contentment can be learned and even overflow into thanksgiving when you realize everything you have is from God.



Truly drawing from God's strength and seeing our circumstances from an eternal perspective is to find contentment. It is a choice we can make but often we do the opposite. Maybe we feel inferior to others, or our circumstances and we try to control it all on our own instead of relying on God to meet us where we are.



For additional conversation you might ask, "What do you do to help yourself when you are feeling discontent?"

Notes:

5) **Read [Psalm 73:23-28](#). Where is your significance based on what the world tells you? How is this different from what these verses tell you?**



Comparison can keep you in a perpetual state of discontent.



Contentment is difficult when we are constantly comparing. If we see someone who we perceive has more than we do, we feel envy. Yet, if we see someone who we perceive has less than we do, we feel superior. There is no winning in the comparison game.

Notes:

Application Question: How will you shift your focus to reinforce feelings of contentment?



PRAYERS

Prayer Requests & Closing Prayer



LEAD

Ask Yourself: In what am I striving to seek significance and how is that affecting my heart for God and those around me?



PRAYERS

-
-
-
-
-



ROADMAP

This [BBT](#) volume of curriculum reveals the powerful nature of the noise around us. The world says we should have more, do more, and want more but God desires us to be content with the provisions and gifts He gives us.



LEARN

John reminds the early church that earthly desires come from the world and not from God. Because he could not be content with everything he had, King David faced heavy consequences. The Psalmist writes a song of praise to celebrate God's goodness which is so much more fulfilling than anything the world has to offer.

Scripture References for this study: [1 John 2:15-17](#), [Exodus 20:17](#), [2 Samuel 12:1-9](#), [Philippians 4:11-13](#), [2 Corinthians 12:10](#), and [Psalm 73:23-28](#)



LIVE

- Distracting Desires
- Contentment or Consequences
- Constructive Comparison

Application Question: How will you shift your focus to reinforce feelings of contentment?



LEAD

Ask Yourself: In what am I striving to seek significance and how is that affecting my heart for God and those around me?