

“Finding Contentment In the Face of Consumerism”

I Timothy 6:6-10, 17-19 (p. 1154); Hebrews 13:5 (p. 1171); Ecclesiastes 5:10 (p. 650); Philippians 4:11-13 (p. 1141)

II. Introduction

A. Some key elements of Finding Contentment:

- Distinguish Between What We N_____ versus What We W_____.
- “S_____ is getting what we want. H_____ is wanting what we get.” Tim Hansel

B. A key verse -- Psalm _____

C. A good starting point -- Philippians 4:11-13

- 1) v. 11 – Paul had to L_____ how to be content.
- 2) v. 12 – Everyone needs contentment
- 3) Our desire for happiness and contentment can be the very thing that makes happiness & contentment elusive.

II. What Contentment Is and Is Not – I Timothy 6:6-10, 17-19

A. G_____ with contentment – v. 6

B. The Warning – v. 9

- The _____ of money is ___ root of all kinds of evil
 - the love of money is called g_____
 - we need to answer the question, How _____?
- I Peter 5:8

C. The Invitation – v. 6; Matthew 6:33

“The Christian life comes not my gritting our teeth but by _____ in _____.” Richard Foster

“The good life - the one that truly satisfies - exists only when we stop wanting a better one. It is the condition of savoring what is, rather than longing for what might be. The itch for things, the lust for more -- so brilliantly injected by those who peddle them -- is a virus draining our souls of happy contentment. Have you noticed? A man never earns enough? A woman is never beautiful enough. Clothes are never fashionable enough. Cars are never nice enough. Gadgets are never modern enough. Houses are never furnished enough. Food is never fancy enough. Relationships are never romantic enough. Life is never full enough. Satisfaction comes when we step off the escalator of desire and say, “This is enough. What I have will do. What I make of it is up to me and my vital union with the living Lord” (Charles Swindoll, *Living On the Ragged Edge*, p. 21).

III. THE A.C.T.S. of Contentment

A – Appreciate What You Have. One of Tim Hansel’s Four Commandments of Contentment is Thou Shalt Be Grateful. Gratitude is the soil in which contentment takes root and flourishes. “As sages have said, contentment lies not in obtaining things we want, but in giving thanks for what we have” (Arthur Simon, p. 74).

C – Concentrate on Christ – I Timothy 6:6

We need to stop concentrating on all these things around us that are only temporary, and instead, concentrate on the permanence of Jesus Christ’s love.

T – Trust in God’s Provision – I Timothy 6:17

S – Surrender Your Possessions to God.

What are you most hungry for? Recognition, Pleasure, Comfort, Status, Things? Or are you most hungry for God? If we will cultivate a hunger for God, a love for God that overshadows your hunger for what the world has to offer, then you will find contentment, and meaning, and joy in life, here and beyond.

Recommended Reading:

Tim Hansel, [When I Relax I Feel Guilty](#)

Lisa Graham McMinn, [The Contented Soul: The Art of Savoring Life](#)

Arthur Simon, [How Much Is Enough: Hungering for God in an Affluent Culture](#)

Recommended Viewing:

iamsecond.com

REVIEW OF WEEKS 1 and 2:

Week 1: Trust In the Midst of Your Troubles –

II Cor. 4:7-10, 16-18; Rom. 5:3-5; James 1:2-4

- A – Acknowledge our troubles
- C – Choose Joy
- T – Trusting in God’s Goodness and God’s Plan
- S – Surrender to God’s sovereignty and goodness

Week 2: Escaping the Worry Web –

Matthew 6:25 – 34; Philippians 4:6 – 8

I. Introduction -- Categories of Worry (by Jon Jorgenson)

- a. Decision Worry – Proverbs 3:5-6
- b. Provision Worry – Questioning God’s power and provision.
- c. Lack of Vision Worry

II. Worry is Senseless – Matthew 6:26

III. Worry is Needless - Matthew 6:27, 34

“Worry is letting tomorrow’s problems ruin today.” M. Lucado

“Worry is the interest we pay on tomorrow’s troubles.” E. Stanley Jones

“Worry does not empty tomorrow of its sorrow, it empties today of its strength.” Corrie Ten Boom

IV. Worry is Faithless

V. Conclusion - “Worry is a distracting care resulting from assuming responsibility that is not yours.” Larry Moyer