

# Healthy Mind 3: Contentment

May 7-8, 2022: Pastor Donny Abbot

This 60+ minute guide is a springboard for discussion and catalyst for further study, based on the message. Please choose from any or all the parts below that you think are most interesting and useful in your group.

Have you ever really wanted to have or accomplish something, but... once it was yours, the expected satisfaction disappeared all too quickly?

## 1. **Contentment** is something that needs to be **learned**.

- Read **Romans 12:2**.
  - How does contentment influence my relationship with God?
- Read **Philippians 4:11-13**.
  - Honestly, am I making progress in the way I handle difficulties?
- Discuss this idea of Pastor Donny's, "It's a war between our flesh and our spirit. It is a war that takes place in our minds when we think the proverbial grass is greener on the other side. It's a war between us desiring and striving for more and more and..... wanting to be content with the things we have."

## 2. **Contentment** means we **don't** need more to be **happy**.

- Read **I Timothy 6:6-8**.
- What kinds of situations trigger your tendency to be discontented?
  - What internal attitudes can lead to a loss of contentment?
  - How do I navigate decisions about "needs," "wants," or "enough?"
- Read **Matthew 6:19-21**. What do you think "store up... treasures in heaven" means?

## 3. **Contentment** happens **despite** our **circumstances**.

- How does contentment "happen" regardless of circumstance?
  - In what way did you connect to the story about Spafford's "It is Well" hymn?
- Read **Matthew 6:25-27**.
  - What do you value about cultivating contentment?

This week:

- Practice **gratitude**.
- Grow **yourself** instead of your **empire**.

**Close** with one of these theme-related songs:

"It is Well" (traditional) [https://www.youtube.com/watch?v=VbNm\\_Kdez8o](https://www.youtube.com/watch?v=VbNm_Kdez8o)  
"It is Well" (contemporary) [https://www.youtube.com/watch?v=8Wb\\_WD1emFQ](https://www.youtube.com/watch?v=8Wb_WD1emFQ)  
"I Shall Not Want" <https://www.youtube.com/watch?v=r8Td9cZajyE>

If you have a prayer need, please ask a friend here to pray with you, and to support you in prayer this week.