

## (D1: The Heart) CONTENTMENT

Contentment for a believer is humbly finding delight in God's wise plan and consistently delighting in it so that God will be glorified every single day.

2 Corinthians 11:23-27

Philippians 4:11-13

Philippians 1:21, 23

### 1. What is contentment?

"Contentment is that sweet, inward, quiet, gracious frame of spirit, which freely submits to and delights in God's wise and fatherly disposal in every condition." Jeremiah Burroughs

Sweet -

Psalms 42:5

Inward -

Proverbs 4:23

Quiet -

Psalms 130

Gracious -

Philippians 4:4

Freely submits to and delights in God's wise & fatherly disposal -

Psalms 139:16

Isaiah 55:9

Hebrews 12:1-3

## **2. How do I get contentment?**

Philippians 2:5-8

Isaiah 43:7

1 Corinthians 15:55

1 Corinthians 15:58

Revelation 21:3-4

Revelation 21 & 22

1 Peter 1:13

1 Peter 5:10

Romans 8:18-25

Promises -

Philippians 4:19

Romans 8:28

Psalms 84:11

Prayer -

Ephesians 1:18-19

Psalms 19:14

People -

Hebrews 3:12-13

### Complaining -

1 Thessalonians 5:18

### Practically -

Study the heroes of church history

Study the persecuted church

Hold the Ropes for missions

Fast periodically from specific worldly pleasures

Get involved with new ministries that will stretch you

Seek avenues of service that are thankless

Visit the elderly, the sick, the dying and comfort the bereaved

Seek accountability

Study God's word looking for passages on contentment, God's sovereignty, providence and suffering

Read good books on contentment, God's sovereignty, providence and suffering -

The Rare Jewel of Christian Contentment by Jeremiah Burroughs

The Art of Divine Contentment by Thomas Watson

The Mystery of Providence by John Flavel

The Power of Christian Contentment by Andrew Davis

The Greener Grass Conspiracy by Stephen Altrogge

Listen to sermons on contentment -

<https://www.gbcaz.org/equipping-hour/i-have-cancer-now-what-part-1/>

<https://www.gbcaz.org/equipping-hour/i-have-cancer-now-what-part-2/>

### **The Wellspring Purpose & Disciplines:**