

Women's Thursday Bible Class

God's Distinctive Calling for Women 2022

Lesson 16 - Cultivating Contentment in all Seasons

I. Why or how does Biblical contentment fit into our study of the Titus 2 model of the godly women mentoring the younger woman?

II. Definition of what it is and what it is NOT.

BIBLICAL CONTENTMENT - an inward trust in God's sovereignty and goodness that produces the fruit of joy and peace and thanksgiving in the life of a believer, regardless of circumstances. (Melissa Krueger)

Phil. 4: 11-13

- available in Christ
- Independent of circumstances
- Is learned - denotes a struggle, not passive inactivity, an active battling lies of world, flesh, devil

It is: NOT a carefree existence

NOT an absence of relational struggles or anguish of heart

NOT a life without longings and groaning in our distresses

NOT freedom from fear and anxiety

III. Source of Contentment

God's character - 2 anchors, His goodness and His sovereignty

Ps. 1

Jer. 17: 7-8

What a woman trusts in (what she sets her affections on) determines her joy.

Sadly we have too low a view of expecting of heaven and too high a hope of joy on the earth! Read quote by Richard Baxter.

Expectations play big role!

Remember the Christian life is described in Scripture as a _____,

_____, _____, and _____, not a pleasure cruise.

IV. The enemy of Contentment - Covetousness, a begetting sin- like pride, unbelief,

What do we covet ?..... what belongs to another, (not just stuff but)blessings they enjoy

- money, possessions, financial resources
- relationships
- Family, friendships
- Seasons, circumstances, health
- Giftedness, abilities, intelligence, jobs,

Pattern of covetousness- many examples from Scripture of Adam and Eve, David, Joseph's brothers, Judas, the Israelites (Ps. 78)

-See

-Covet

-Take

-Hide

All with disastrous results of sin upon sin (begetting)

V. **Pattern** of discontentment - Ps. 78

Starts with disappointment, then discontentment, then distrust, doubt, and then disobedience and rebellion - cycle

Read chosen verses to see pattern

VI. Jesus - the Model of Contentment- Is. 55: 1-3, 6-7

Jesus is the pattern breaker. Mat. 4

His obedience (compare to Adam and Eve's falling for Satan's temptation in perfect circumstances)

I Cor. 10: 9-13

" obedience does not flow out of circumstances ; it flows from trust."

VII. Cultivating contentment - **putting on a new pattern** than from ones above

Identify, listen to yourself

- seek the Lord
- Desire rightly
- Give generously
- Confess freely

If I am going to actively battle this, what do I need to do?

I need to _____

Break for discussion groups.

Next week: "Tying it all together from Titus 2"

Bring a dish to share and we will eat and fellowship after Bible study.

(one dessert is already coming.)

Lesson Sixteen Discussion Questions

- Identify the ways that you struggle with contentment.
- How do you tend to express discontentment?
- How does understanding and meditating on God's goodness and his sovereignty help grow contentment? Can I really trust Him.....
- In thinking of how we need to change patterns (of sin) in our life, practically what do you think could help you actively battle discontentment and learn contentment in the areas you struggle?
 - guard and check your expectations
 - Listen to yourself (are you saying things like, I'd be a lot more content, if.....)
 - Prov. 4:23
- How does giving generously relate to contentment?
- Has your understanding of the sin of discontentment and the grace of contentment, having both negative and positive aspects, been enlarged? How? Maybe relate to the idea of duties required and sins forbidden in the 10th Commandment - "do not covet."
- What is the difference between confessing our sin and hiding our sin, even rationalizing it?