



## Session 4

### Discontentment

Contentment is the idea of “enough”. Remember the water in the glass from this weeks sermon? What was the analogy here and what does it show?

The main point from the sermon was that we are created for contentment, but discontentment reigns in its place. The way we respond to being discontent is sadness instead of joy.

**Discuss:** Have you ever wanted to buy something, or actually bought something, believe that if you just had that you’d be content? How did that work out for you ?

What have you discovered to be the key to Contentment?

**Read:** James 5:1-6

- How does James describe rich people?
- What happens to people if they obsess over greed and materialism?
- Why do you think James had such harsh words for the material person?

**Read** 1 Timothy 6:6-8 and Philippians 4:11-13

- What similarities do you see in these two passages of scripture?
- Why do we often believe that material possessions will bring contentment?
- How does Pauls view of contentment compare with the modern worlds’ view of contentment?
- Read Philippians 4:13 again. What made Paul’s contentment possible? What do you think that contentment looks like in real life?

How can gratitude keep you from materialism and greed? How do Paul’s words to Timothy and the Philippians help you apply this to your life?

## **Helpful Quotes**

“Discontent is nothing else but the echo of unbelief” – “Art of Divine Contentment” by Thomas Watson

## **Our Favourite Reading about Discontentment**

“On Consumer Culture, Identity, The Church and the Rhetorics of Delight” by Mark Clavier

“Chasing Contentment: Trusting God in a Discontented Age” by Erik Raymond

“Discontentment: Why Am I So Unhappy” by Lou Priolo