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Learning Contentment: Finding Your Way to Contentment

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Each of us lives in one of two tents—content or discontent. In which do you live?

Seven signs you are camped out in conTENT:

- Your days are characterized by gratitude and thankfulness.
- You are able to truly enjoy what you have now and where you are now.
- You celebrate the wins and successes of others.
- You walk in peace and joy, even when things don't go as planned.
- You view your time, talents, and resources as gifts from God worth sharing with others.
- You have a deep-seated trust in God's plan for your life.
- You lay down at night and spend more time sleeping than worrying.

Seven signs you are camped out in disconTENT:

- You often find yourself thinking, "If I just had _____, then I'd be happy!"
- You have a hard time enjoying the now, because you are always chasing the next.
- You struggle to celebrate the successes of others, because it makes you feel less than.
- You easily lose your peace and joy when things don't go as planned.
- You guard your time, talents, and resources tightly, reluctant to share with others.
- You wonder whether God's plan for your life is good and worth trusting.
- You lay down at night and worry rather than sleep.

Each of us lives in one of two tents—content or discontent. In which do you live?

Hebrews 13:5-6 (NIV): Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"

Four Trail Markers That Help Us Find Our Way Back to conTENT and Help Us Stay There

Trail Marker #1: Make Contentment an Intentional Choice

Instructions from Hebrews 13:1-8 for things we should continue doing:

Keep on loving one another (verse 1).

Don't forget to show hospitality to strangers (verse 2).

Continue to remember those in prison (verse 3).

Honor marriage and keep the marriage bed pure (verse 4).

Keep your lives free from the love of money and be content (verses 5-6).

Remember your leaders (verses 7-8).

Trail Marker #2: Break Free From Money's Grip

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Four Ways to Check if Money Has a Grip on Your Heart:

A. If I Believe a Little Bit More Will Make Me Happy

B. If I Wait to Give Until I Make More

C. If I Sacrifice Things of Eternal Value in the Pursuit of Things With Worldly Value

D. If I Can't Admire Without Feeling I Must Acquire

Trail Marker #3: Focus on Who You Have—Not Just What You Have

Hebrews 13:5-6 (NIV): Keep your lives free from the love of money and be content with what you have, because God (who) has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"

"It's almost impossible to reproduce in English the emphasis of the original, in which no less than five negatives are used to increase the strength of the negation. Perhaps the nearest approximation is to render it, "I will never, no, never leave thee, nor ever forsake thee." – Arthur Pink

Ephesians 1:17 (NIV): I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.

Trail Marker #4: Preach to Yourself

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