

Day 1

November 4



Pray | For God to teach you contentment

CONTENTMENT IS a learned behavior; it does not come naturally.

After persevering through personal difficulty, it takes maturity to realize that experience serves as glory to God. It takes great courage to be perceptive enough to realize that you can learn to be content for the glory of God when you are in the midst of a difficult time.



Read | Philippians 1:12-18, 4:10-12



Reflect | Spend some time reflecting on one or more of the following:

What is your definition of contentment? Who and what have most influenced your definition of contentment throughout your life?

Even the Apostle Paul, a hero of the Christian faith, indicated that he had to learn contentment. With Paul's sufferings in mind, such as being tortured and imprisoned at various times throughout his ministry, what do you think his definition of contentment was?

In Philippians 1:18, Paul's source of contentment was simply that Christ was being preached. How does this influence how you might pursue contentment?

Day 2

November 5



Pray | For God to be with you on your journey to be content in him

SINCE CONTENTMENT is a learned behavior, it can't be achieved on your own apart from God.

God created humans as relational beings. First and foremost, God wants our hearts to desire a relationship with him. Apart from God there is no grace and without grace there can be no contentment. Apart from God, our sinful nature can cause us to find false contentment in ways that are spiritually, physically, and mentally unhealthy.



Read | 1 Kings 16:29-34, Matthew 6:25-34, Philippians 3:7-12



Reflect | Spend some time reflecting on one or more of the following:

King Ahab is an extreme example of how devastating sin can be. He was definitely chasing contentment apart from God. Are there any areas in your life where sin might be causing discontentment in you or your loved ones? Pray today and tell God that you don't want to be alone in your discontentment and invite him alongside you.

There are many sources of anxiety and worry. What does your response tend to be in times that could cause significant worry and anxiety? How has your relationship with God shaped the way you respond? Share your thoughts with someone who might benefit from your experiences.

If you are considering opening your heart to Jesus, understand that your life will not be easy or free of the hardships that anyone else experiences. Know that your contentment will not be found in physical comfort, riches, or job satisfaction. Your contentment will be found as the Holy Spirit works in you and reminds you of the spiritual warmth of God's grace through any circumstance. Spend time in prayer and give your circumstances to God.

Day 3

November 6



Pray | Tell God you will be content by serving him

WE CAN show God's glory to others through our words and how we serve others.

God's grace is evident when we put the needs of others before ourselves. His love is demonstrated when we offer encouragement and support for others when they suffer.

It is sometimes said that non-Christians observe and scrutinize Christians. Words and actions matter. It is evident that the Apostle Paul found contentment in how the lives of others were transformed by his teaching and his service to God.



Read | Philippians 2:1-11, 3 John 1:11, Revelation 22:3-5



Reflect | Spend some time reflecting on one or more of the following:

What do you think is evident about you in how you speak with others or how you serve others? Do your words or actions bring glory to God or someone else?

Serving others in the name of Christ does not occur without cost. Serving can take away time from family, a round of golf, or a night with friends. How is contentment found in serving others? How does your heart respond when you consider that your words or service might be a catalyst in helping someone open their heart to God?

A mindset focused on God's eternal kingdom should make any of the greatest earthly desires, such as big house or going to a great college, seem trivial. How can you use Revelation 22:3-5 to minister to others in your life who might be chasing contentment through personal wealth, possessions, or physical comfort?

Day 4
November 7



Pray | For your fears to be overcome through Christ

FINDING ACCEPTANCE and approval through others can be addictive. The fear of being “left out” is very real—especially with the advent of social media over the past fifteen years.

We might seek the approval of others at times when God seems silent or absent. However, God is an eternal being, and with his son Jesus Christ, he has accepted his people to be part of his group—his eternal kingdom.



Read | Hebrews 13:5-6, 20-21



Reflect | Spend some time reflecting on one or more of the following:

Are there instances in your life where God has seemed silent or absent to you? What was your response in your seeking of contentment? How can you keep God as the focus of your contentment even when he seems silent or absent to you?

“Never will I leave you; never will I forsake you.” What contentment does this promise from God offer to you? What might his promise offer to those who might be feeling the fear of being left out?

Today’s scripture verses indicate that contentment is not a result of circumstances but comes from within as the Holy Spirit works to soften and mold our hearts. What are some ways in which you can allow yourself to overcome your circumstances and turn to God for contentment?

Day 5

November 8



Pray | For willingness to accept God's providence

CONTENTMENT CAN be found. It may seem like a lot of hard work, but it really isn't. It is based on God's grace and his providence.

Contentment apart from God is relative. A common desire for people is to make more money in order to feel truly content. Another desire might be to reach a certain level of physical fitness. Achieving those goals might provide a certain level of satisfaction for a little while, but probably not any level of lasting contentment.

Contentment in wealth, fitness, or any earthly desire is problematic because they are all temporary. True and eternal contentment is possible through God because God is eternal—he is the source of all truth.



Read | Haggai 2:6-9



Reflect | Spend some time reflecting on one or more of the following:

When people experience a positive coincidence, they might sometimes call it “a God thing.” Reflect on a time when you might have experienced “a God thing.” Did you or do you still feel contentment from that experience? Why or why not?

God always keeps his promises. In today's scripture verses, he promises a house filled with glory and peace. What is the source of glory and peace in your life? How does God's promise provide hope that contentment can be learned and found?

Has this week's sermon or Daily Life readings changed how you think contentment can be reached?

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