

## CONTENTMENT

(Philippians 4:10-13, et al)

1. **REMEMBERING** People respond—differently, but definitively—when asked to fill in the blank: “Never \_\_\_\_\_ enough.” We’re familiar with this concept because we live it. We’ve heard it from parents, family members, bosses, teachers, media, church members. “Never good enough, smart enough, thin enough.” How have you had others fill in that blank for you in past experience?
2. **REFLECTING** In her book, *Daring Greatly*, author Brenè Brown calls the “never enough” problem, *scarcity*. In light of the following quote and your own experience, what forces in our culture promote our being “hyperaware of lack” and always feeling like we’re falling short?

Scarcity is the “never enough” problem. The word scarce is from the Old Norman French *scars*, meaning “restricted in quantity” (c. 1300). Scarcity thrives in a culture where everyone is hyperaware of lack. Everything from safety and love to money and resources feels restricted or lacking. We spend inordinate amounts of time calculating how much we have, want, and don’t have, and how much everyone else has, needs, and wants.

3. **DISCOVERING** Scripture addresses the “never enough” issue—the opposite of contentment—in various places. What do the following passages offer about how to get on the road to contentment?

*I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. <sup>11</sup>I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup>I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. (Phil 4:10-13)*

*But godliness with contentment is great gain. <sup>7</sup>For we brought nothing into the world, and we can take nothing out of it. <sup>8</sup>But if we have food and clothing, we will be content with that. (1Tim 6:6-8)*

*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.” (Heb 13:5)*

- What other insights did Johnny offer in his message that you found helpful?

4. **CONNECTING** What insights from these and other passages, these quotes (more below), sayings, the sermon, and your group sharing tonight do you connect with most in seeking contentment?
5. **RESPONDING** What will you do this week to remind yourself of the new insights you’ve gained?

Much thought has at its root a dissatisfaction with what is. Wanting is the urge for the next moment to contain what this moment does not. When there’s wanting in the mind, that moment feels incomplete. Wanting is seeking elsewhere. Completeness is being right here. (Tim Hansel, *You Gotta Keep Dancin’*)

The opposite of “never enough” isn’t abundance or “more than you could ever imagine.” The opposite of scarcity is enough..., facing uncertainty, exposure, and emotional risks, and knowing that I am enough. (Brenè Brown, *Daring Greatly*)