

Contentment

Equipping Hour

Sunday, July 14, 2024

"Christian contentment is that sweet, inward, quiet, gracious frame of spirit, which freely submits to and delights in God's wise, fatherly disposal in every condition."

- Jeremiah Burroughs

Sinful discontentment is a bitter, inward, grumbling, natural frame of spirit, which resists and resents God's wise, fatherly disposal in a given circumstance.

Imperatives we need to fight for grace-contentment:

* caveats:

1. Godly contentment is not opposed to prayer.
2. Godly contentment is not opposed to sorrow.
3. Godly contentment is not opposed to legitimate means of improvement of circumstance.
4. there is a kind of "holy discontentment".

Imperatives we need to fight for grace-contentment:

- 1) Acquire a right view of self and desires (Lam 3:37-40).
- 2) Maintain a big view of mercy and grace (Eph 2:3-7).
- 3) Get a faith-grip on the goodness (Ps 119:68), sovereignty (Ps 135:5-6), providence (Jas 1:17), and freedom (Rom 9:19-21) of God.
- 4) Biblically define needs and desires (2Tim 3:15-17; 2Pet 1:3; 2Cor 9:8; John 15:5; Php 3:7-8).
- 5) Learn to reject comparisons (Jas 3:16).
- 6) Distrust your ability to handle comfort, ease, and health (Prov 30:8-9).

- 7) Beware underlying idolatries (1Sam12:2-22).
- 8) Don't confuse pleasant circumstances with the blessing of God (Ps 81:11-12).
- 9) Cultivate gratitude (Ps 103:10-14).
- 10) Accept the normalcy of affliction (1Pet 4:12).
- 11) Trust God's purpose in affliction (Rom 8:28).
- 12) Recalibrate your goals to God's goals (Mt 6:33; Lk 10:41-42).
- 13) Value the testimony of a grace-contented heart (Php 2:14-15).
- 14) Build a heart-compass that points home (1Pet 2:11; Heb 11:13).
- 15) Enlist a right sense of duty (2Tim 2:3-4).
- 16) Worship God (Ps 119:65-72).
- 17) Look to the example of Christ (Isa 53:7; Mk 14:36).
- 18) Depend on the strength of Christ (Php 4:13).

recommended resources:

The Rare Jewel of Christian Contentment by Jeremiah Burroughs
The Greener Grass Conspiracy by Stephen Altrogge