

# REFUEL: Simplicity and Contentment Handout with Steve McClure

**AIMS:** (1) Define contentment and understand why it matters. (2) Wrestle together with some of the challenges to being content in today's world. (3) Talk through some ideas about how we can grow in contentment in our own lives.

## INTRODUCTION:

- Where does this topic of contentment really hit home for us?

## 1. WHAT IS CHRISTIAN CONTENTMENT?

- What is the difference between satisfaction & contentment?
  - o Who are the most content and discontent people in the Bible and why?

## LESSONS FROM PHILIPPIANS 4:10-13

Based on Paul's life and what he writes in Philippians 4:

- What is/isn't contentment (v10-11)?
- How has Paul learned it (v12)?
- What is the secret (v13)?
- A working definition of contentment (Jeremiah Burroughs)

## 2. CHALLENGES TO OUR CONTENTMENT

What would you say are the biggest challenges you face as you try to live in contentment?

- The Grass is always Greener on the other side (1 Timothy 6:6-10):
  - o *Does having more really bring greater contentment?*
- The Spiritual battle for contentment (2 Cor 10:3-4):
  - o *To what extent do you perceive this battle inside of your heart and soul?*
- Doubting the Sufficiency of Christ (2 Cor 4:17-18):

- Does overcoming our suffering really make us more content?

*“For me, true contentment on earth means asking less of this life because more is coming in the next. Godly contentment is great gain. Heavenly gain. Because God has created the appetites in your heart, it stands to reason that He must be the consummation of that hunger. Yes, heaven will galvanize your heart if you focus your faith not on a place of glittery mansions, but on a Person, Jesus, who makes heaven a home.” Joni Eareckson-Tada*

### 3. HOW TO FIND CONTENTMENT

In light of all we've said about contentment and why it's important, what steps do you think we can take to grow in it?

- Focus on Change Within:

*“Our true happiness is to be realised precisely through (God’s) refusals, which are always mercies. His choice is flawlessly contrived to give the deepest kind of joy as soon as it is embraced...Maybe this year will be the year of desire fulfilled. Perhaps, on the other hand, it will be the year of desire radically transformed, the year of finding, as we have not truly found, Christ to be the All-Sufficient One, Christ the ‘deep sweet well of Love’.”  
Elizabeth Elliot, Keep a Quiet Heart, p49.*

- Pursuing contentment in Christ (Psalm 37:4):
- Stop Complaining (Philippians 2:14-15):
- Practice Gratitude (Philippians 4:4, 1 Thessalonians 5:16-18):
- Keep it simple:

**CONCLUSION:** What to do when we find rare treasure (Parable of the treasure in the field)

Turn your eyes upon Jesus,  
Look full in His wonderful face,  
And the things of earth will grow strangely dim,  
In the light of His glory and grace.  
*Helen Howarth Hemmel*

#### Book Recommendations:

*The Power of Christian Contentment, Finding Deeper, Richer Christ Centred Joy, Andrew M. Davis, © 2019 Baker Books*  
*If Only, Finding Joyful contentment in the face of lack and longing, Jennie Pollock, © 2020 The Good Book Company*