

Refuel III Day Conference:

A1: I can't get no Satisfaction Simplicity and Contentment

Steve McClure

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Aims of this session

- 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



Get to know one another

- 1 Who are you?
- 2 On a scale of 1-10 how content would you say you are and why?
- 3 What do you hope to get out of this seminar?





**I can't get no satisfaction, 'Cause I try, and I try,
and I try, and I try, I can't get no, I can't get no...**

Photo by [Alexander Dummer](#) on [Unsplash](#)



Common to all!

Photo by [Anna Shvets](#) on [Pexels.com](#)

I want more!

“If I am not satisfied with what I have, I will never be satisfied with what I want.”



If only...

I'M HERE YOU NOT

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“Humans are not designed to be happy, or even content. Instead, we are designed primarily to survive and reproduce, like every other creature in the natural world. A state of contentment is discouraged by nature because it would lower our guard against possible threats to our survival.”

121-LONL



[Rafael Euba in the Independent](#)



“...He [God] has also set eternity in the human heart...” **Ecclesiastes 3:11**

$$\text{Disappointment} = \frac{\text{Expectation}}{\text{Reality}}$$





My story of Contentment

Photo by [Tim Bechervaise](#) on [Unsplash](#)

A close-up photograph of a cat's nose and whiskers, centered in the frame. The cat's fur is a mix of brown, black, and white. The nose is a reddish-brown color. The whiskers are long and thin, extending outwards. The background is a soft, out-of-focus grey.

1. What is Christian Contentment?

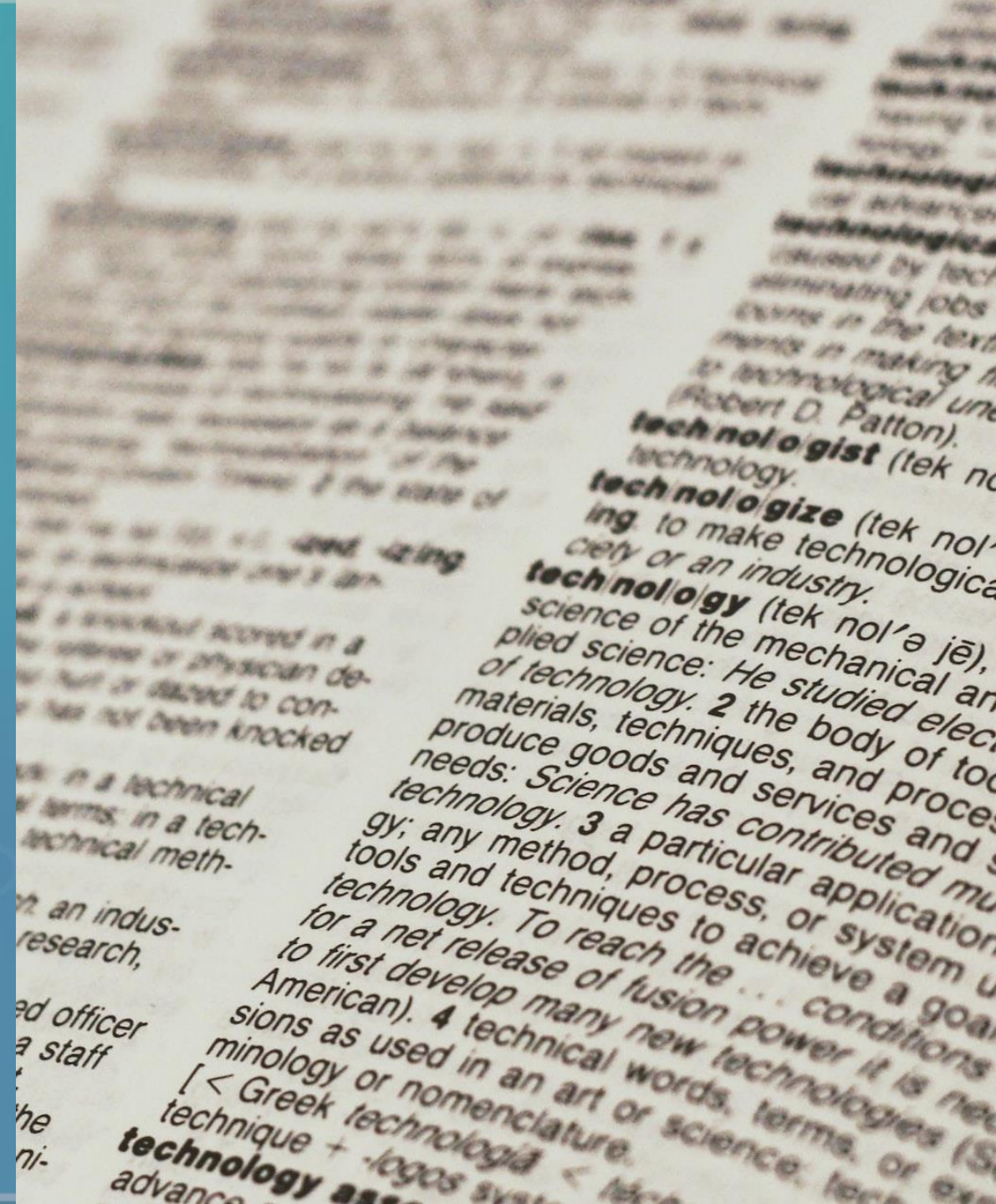
Photo by [Nora Hutton](#) on [Unsplash](#)



Dictionary Definitions

Satisfaction = “the fulfilment or gratification of a desire, need, or appetite.”

Contentment = “satisfied with things as they are.”



Discussion

Who are the most content and discontent people in the Bible and why?

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Moses? David? Naomi? Esther? Paul?

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10 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. 11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 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. 13 I can do all this through him who gives me strength.

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Philippians 4:10-13

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Discussion

Based on Paul's life and what he writes in
Philippians 4:10-13:

- 1) What is / isn't Christian contentment?
- 2) How has Paul learned it?
- 3) Why is it a secret and what is that secret?

Classic Definition (1648)

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

Jeremiah Burroughs, *The Rare Jewel of Christian contentment*, © 2013 Banner of Truth, p19.

2. Challenges to our Contentment?



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⁶ But godliness with **contentment** is great gain. ⁷ For we brought nothing into the world, and we can take nothing out of it. ⁸ But if we have food and clothing, we will be **content** with that. ⁹ Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction. ¹⁰ For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs. **1 Timothy 6:6-10**

John D. Rockefeller was asked:
“How much is enough?”

He replied: “Just a little bit more.”





“Satan loves to fish in the troubled waters of a discontented heart.”

Thomas Watson

The Spiritual Battle for contentment



The Spiritual Battle for contentment

³ For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

A serene landscape at sunset or sunrise. The sky is a mix of soft blues, oranges, and yellows. Several birds are flying in a line across the upper part of the sky. In the foreground, there is a body of water reflecting the sky and the landscape. The middle ground shows a misty or foggy area with some trees and buildings. The overall mood is peaceful and contemplative.

Doubting the Sufficiency of Christ

“The very first temptation in the history of mankind was the temptation to be discontent...that is exactly what discontent(ment) is – a questioning of the goodness of God.”
Jerry Bridges, The Practice of Godliness

Joni Eareckson- Tada

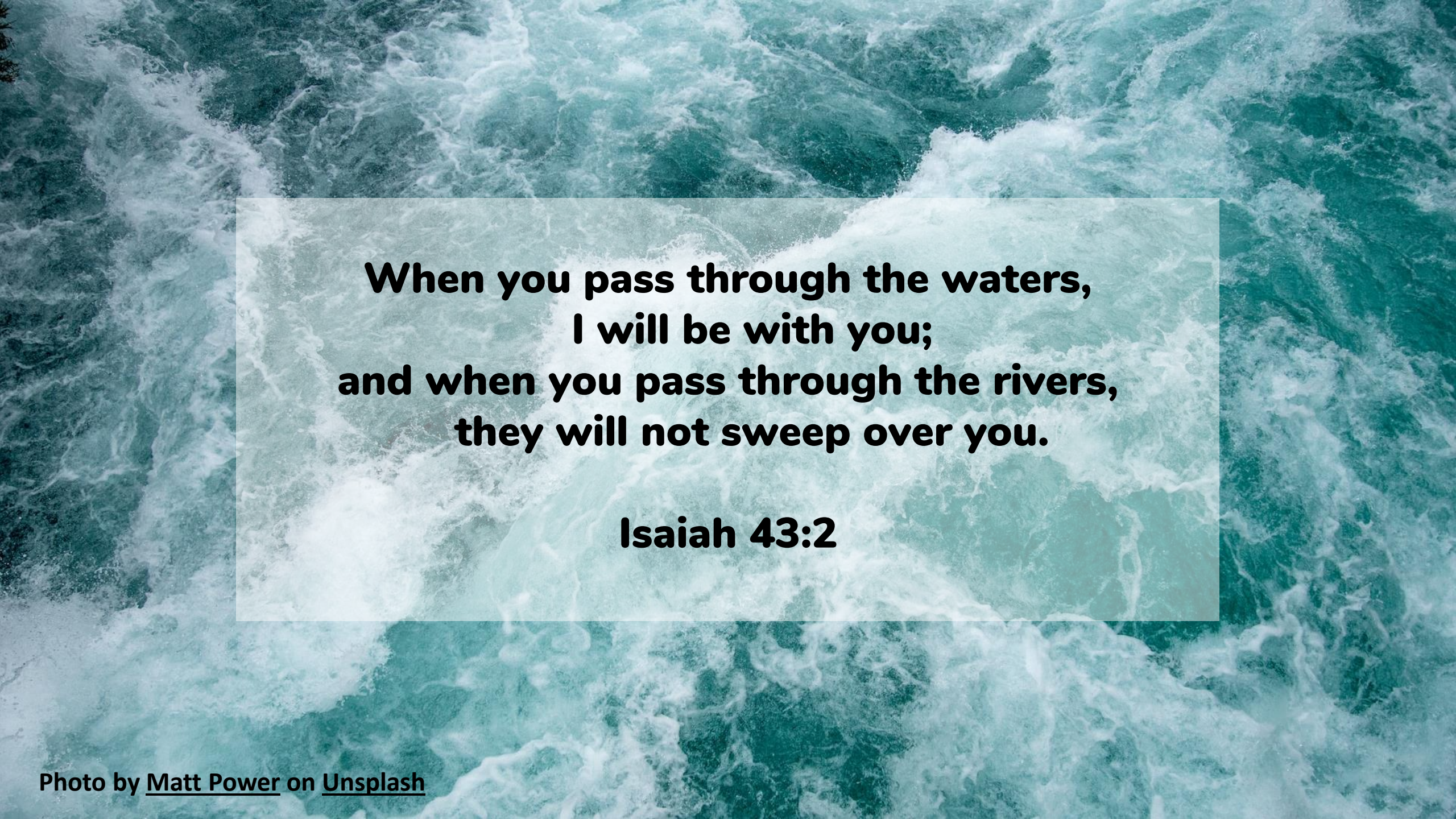
“For me, true contentment on earth means asking less of this life because more is coming in the next. Godly contentment is great gain. Heavenly gain. Because God has created the appetites in your heart, it stands to reason that He must be the consummation of that hunger. Yes, heaven will galvanize your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



Photo by [Hans Moerman](#) on [Unsplash](#)

⁶ Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸ So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

2 Corinthians 4:17-18



**When you pass through the waters,
I will be with you;
and when you pass through the rivers,
they will not sweep over you.**

Isaiah 43:2

A wooden signpost with two arrows pointing in opposite directions is centered in the background. The background is a sunset or sunrise scene with a gradient of colors from blue at the top to orange and red at the bottom. The signpost is dark and stands on a wooden post. The text is overlaid on the image.

3. How to grow in Contentment

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Discussion

In light of all we've said about the meaning and value of contentment, 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:

***Is Jesus
enough
for me?***

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“Delight yourself in the LORD,
and He will give you the
desires of your heart.”

Psalm 37:4

“This is God’s universal purpose for all Christian suffering: more contentment in God and less satisfaction in the world.”

John Piper

**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.**

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Turn Your Eyes upon Jesus, Helen Howarth Hemmel



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⁴ Do everything without grumbling or arguing, ¹⁵ so that you may become blameless and pure, 'children of God without fault in a warped and crooked generation.' **Philippians 2:14-15**

Practice Gratitude

⁴ Rejoice in the Lord always. I will say it again: rejoice!

Philippians 4:4

¹⁶ Rejoice always, ¹⁷ pray continually, ¹⁸ give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18



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Photo by [Brett Jordan](#) on [Unsplash](#)



A man in a yellow shirt and dark pants is walking through a vast, green field at sunset. He has a shovel on his shoulder and is looking down at something in his hands. The sun is low on the horizon, creating a warm, golden glow and long shadows. The sky is filled with soft, white clouds. The overall scene is peaceful and contemplative.

Treasure in a field

⁴⁴ 'The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field.

Matthew 13:44

Refuel III Day Conference: Thanks for being here today

Steve McClure

