



“The Thrill of Contentment”

1 Timothy 6:6-10

What I said to Kathi recently: “I don’t have an iPad, but they sure look cool!”

What have you said recently? “I don’t have the new _____ but...”

What do we do? How do we escape this treadmill of discontent, the “10% More” addiction, the epidemic “Upgrade Fever”?

Here is what God says in 1 Timothy 6:6-10:

- Godliness, truly pursued, is not for financial gain but for great spiritual gain—if accompanied by contentment.
 - “Contentment” is: _____
- The standard of what we must have for biblical contentment:
 - Food: Clean water and nourishment.
 - Covering: Warm clothing and dry shelter.
- Wanting wealth and loving money has many outcomes and they are all horrible:
- Corollary Passages: Hebrews 13:5. Luke 12:15. Philippians 4:11, 13, 19.

Contentment is gained in recalibration about this: *I need* food and covering, period.

- Romans 12:1, 2. Recalibrate; renew your mind about what is needed. I gain contentment by *deciding* that food and covering is enough.

What will you do to live differently?*

- Will you begin using the “40-Day Cooling-Off List”?
- Will you *cap* your lifestyle? ...*simplify* your lifestyle? ...*downsize* your lifestyle? All for the sake of greater spiritual impact!
- Will you attend “Managing Finances God’s Way” beginning April 3rd? 7 weeks.
- Will you memorize 1 Timothy 6:8?

- **Let me be clear here—theologically:** Decide that food and covering is enough.
- **Let me be clear here—practically:** Start using the “40-Day Cooling-Off List”?

“Walking Papers”

Practical helps for walking the Christian walk each day this week.

Contentment is gained in recalibration about this: *I need food and covering, period.*

- **Today.** Please make a list of any things about which you have recently thought, “Those are cool and I would like to buy one.”
- **Monday.** Please read: 1 Timothy 6:6-10. Reflect on the phrase “If we have food and covering, with these we shall be content.” What are the implications for your heart and the applications for your life?
- **Tuesday.** Please reflect, examine your life, and pray around the following statement:

“Contentment is gained in recalibration about this: *I need food and covering, period.*”
- **Wednesday.** In Hebrews 13:5 what is the reason given for us to be free from the love of money and being content? What do you think about that reason? Are you experiencing the reality stated in that reason?
- **Thursday.** Please read Luke 12:15. Why is it that “life” cannot be found in possessions, even in an abundance of possessions? Where is it that “life” can be found? Where are you searching for life?
- **Friday.** Please read Philippians 4:11-13. What is Paul’s “secret” to contentment whether having a little or having a lot? Would the “secret” work for you?
- **Saturday.** Write a brief journal entry around the questions: “What is the character of my life in the area of contentment?” “What can I do to recalibrate and gain contentment?”

Note for Connection Groups: The full study guide for small group and personal study is available at: www.cypressbible.org (Quick Menu / Connect / Sermon Based Small Group Material.

