If we do not learn to be **content** in life, we will soon develop **resentment** about life.

**Philippians 4:1-3**

**Philippians 4:6, 7 (Amplified Bible)**
“Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God. And God’s peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus.”

Contentment is being “satisfied with what one is or has; not wanting more or anything else.”

**Jeremiah 29:4 (Amplified Bible)** “Thus says the Lord of hosts, the God of Israel, to all the captives whom I have caused to be carried into exile from Jerusalem to Babylon…”

The core lie of discontentment: __________________________________________________________

**Jeremiah 29:1-14**
“If possible, as far as it depends on you, live at peace with everyone.”
A Prescription for Contentment:

1) **STAY** flexible with people and soft-hearted toward God.

2) **SAY** often, “This world is not my home.”

3) **SEEK** the Lord at every turn.

**Zechariah 9:12** (NIV 1984)
“Return to your fortress, O prisoners of hope; even now I announce that I will restore twice as much to you.”

**For Further Study:**
Greek word for contentment is “autarkes” =
1) sufficient for one’s self, strong enough or processing enough to need no aid or support
2) independent of external circumstances
3) contented with one’s lot, with one’s means, though the slenderest

- Romans 8:28-39
- Hebrews 12:1-4
- Hebrews 13:5, 6
- I Timothy 6:6-8
- II Corinthians 4:7-18