M2M Member Page

Mom2Mom
Discontentment and Self-Pity

Teaching Time (6:35-6:55 PM)

Defining Discontentment (http://dictionary.reference.com/browse/discontent?s=)

- Not satisfied with what one is or has
- Wanting more or different; A restless desire or craving for something one does not have

I. A biblical description of discontentment is "covetousness".

A. Covetousness is the inordinate and sinful desire to have the things that we are convinced will satisfy us or make us happy. *Luke 12:15; I Timothy 6:10*

B. The Bible makes it clear that the love of temporal pleasures will damage us. *Heb 13:5*

Defining Self-Pity (http://dictionary.reference.com/browse/self-pity?s=t)

- The act or state of pitying oneself, especially in an exaggerated or self-indulgent manner
- Thinking sympathetically or sorrowfully about your own suffering, distress, or misfortune, often leading you to find relief or aid from your distress

II. The biblical description of self-pity is "lover of self."

A. Being a lover of self leads to boasting, arrogance, and lack of self-control. *2 Tim 3:1-5; I John 2:16*

B. A self-focused person will hate hard things and complain a lot. *Deut 8:2-3*

III. We can learn to be content no matter what our circumstances are like.

A. God has already provided all that we need to glorify and enjoy Him, and we don't need anything more.. *Heb 13:5; 2 Cor 9:8; Psalm 23:1*

B. Contentment comes from seeing and believing that the only way to have true satisfaction is from building a life around what can never be taken away or destroyed. *Matthew 6:19-21 19*

C. Contentment willingly submits to God's wise and loving sovereignty in every life condition. *Job 1:20-22*

IV. We can learn to be thankful stewards in all circumstances.

A. Contentment allows us to adjust our own desires to fit God's purpose and conditions. *Phil 4:11-13; James 1:2-5*

B. We have to learn how to be content. *Phil 4:11-12*

C. We are stewards of all that God has given us to use during our time on earth. *I John 2:15; Luke 12:33-34; Luke 16:10-13; I Corinthians 4:2*

Optional Memory Verse

Phil 4:11 Not that I speak from want, for I have learned to be content in whatever circumstances I am.

Prayer and Table Time (6:55-7:40 PM)

Discussion Questions

1. How does discontentment lead to covetousness?

2. How does self-pity lead to complaining?

3. How does God's provision for us (especially Jesus) help us be content?

4. Why is it dangerous to build our lives around what can be taken from us or destroyed?

5. How does trusting in God's sovereignty help prevent discontentment and self-pity?

6. How do you learn to be content?

7. How does Biblical stewardship affect our tendency to be discontent and pity ourselves?

Large Group Discussion (7:40-7:50)

What was something encouraging or helpful that you discussed at your table?

Homework: Read The Freedom of Self-Forgetfuless by Timothy Keller