



Envy – the intense desire to have something that belongs to someone else.

“Comparisons are odious”

Learning to be Content

Contentment is Spiritual

The Spiritual and Physical are intertwined

- Live within your means
- Maintain a habit of giving
- Consider what you have left
(not what is left to be had)
- Believe God is Good
- Seek God's will in all of your life
Solution: “Submit yourselves to God.” James 4:1-8

“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. I can do all things through Christ who gives me strength.”

Phil 4:12-13



ENCOUNTER QUESTIONS

Spiritual Growth Small Groups at Emmanuel Reformed Church

Review the sermon, what were the key points?

What questions did it raise for you?

What felt most important to you?

What stirs envy within you the most?

What types of things do you find yourself desiring? How has desiring others' things changed in your life over time?

Some would say that desiring what others have is powerful motivation to better your situation (**Ecclesiastes 4:4**). What are other motivations for achievement that are healthy?

A premise in the sermon was that contentment is spiritual. Keeping with the Spirit is the opposite of either pride or envying others. How does **Galatians 5:22-26** further develop the ideas from the sermon?

Consider the five action points from the sermon.

Which one speaks to you the most? What challenges you?

If contentment is a struggle for you, where can you act?

What connections do you see between this message and the previous messages on gluttony and greed?

Prayer

Jesus, I thank you that you give me the strength to walk through every situation that I am in. Guide me in accepting what is and grant me the courage to strive for your glory as I move forward. Thank you for providing what I need, open my eyes that I may focus on you and your good gifts. Amen.