

How to Mess Up the Abundant Life SESSION 4

INTRO

Okay, today is the last in our series on How to Mess Up the Abundant Life, so let's do one last recap to catch up before we get into it... We've said that John 10:10 shows us that Jesus wants us to live an abundant life... **I came that they may have life and have it abundantly. John 10:10 (ESV)** We would like to think, it's our problems that keep us from the abundant life, but that's not the case, because Jesus also said... **...In the world you will have tribulation... - John 16:33 (ESV)** So, we know that living the abundant life is not about living a problem-free life. In fact, we said: Your problems are not your problem. Your problem is how you react to your problems. That's your problem!

UP TO NOW -

The first week we said you mess up the abundant life by: #1 Accumulating as Much Stuff as Possible.

The second week, we said that you mess up the abundant life by trying to: #2 DODGE DIFFICULTIES AT ALL COST. We said that dodging difficulties at all cost works against you. Leaning into difficulties works for you.

Last week, we said you mess up the abundant life when you: #3 Make Life All About You. But, this is not who we're to be as followers of Jesus (Galatians 2:20) We saw that we could stop making life all about us, 7 ways.

THIS WEEK Another way I can mess up the abundant life, is to:

#4 - BELIEVE THAT CONTENTMENT IS " _____ " SOMEWHERE

Contentment Defined:

Scripture on Contentment: 1 Tim 6:6-8 | Phil 4:11-13 | Heb 13:5 | 2 Peter 1:3

HOW TO PRACTICE CONTENTMENT

The key to contentment is in adjusting your _____ and your _____.



Philippians 4:6-9 says, Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

HOW can you make the attitude adjustment?

How can you practically apply Phil. 4:6-9?

- Turn your _____ over to a sovereign God
- Focus on _____ you have
- Practice _____ for those things 1 Thess 5:15-18 says, See that no one repays anyone evil for evil, but always seek to do good to one another and to everyone. Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
 - "It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack." - Germany Kent
 - "Just tell yourself, Duckie, you're really quite lucky." - Dr. Seuss
 - Change your _____: from "I need" to "I would like"
 - Start _____ others. Especially those who have _____ than you.

Table Discussion Questions

1. Where in your life do you have trouble with contentment? Why?
2. How would your life be better if you were more content?
3. Read Phil. 4:11-13. What does it say to you about contentment?
4. Talk about one thin you can do this week to practice contentment.