

The Message Notes

Message: *Christ Strong - Contentment*

Sunday, April 19, 2020

Scripture: I Timothy 6:6-10



The purpose of our message this morning is to encourage you during this time of quarantine to **be content**.

Introduction:

Have you ever thought about being a **minimalist**? “A **minimalist** has a simple, modest, and restrained lifestyle. A minimalist embraces being **content** under all circumstances.

Contentment is being **satisfied**, at **ease**, and at **peace** under all circumstances.

Contentment reduces stress and anxiety.

Three Keys of Contentment:

1. _____ – you have the right perspective – You’re able to make the most out of what you have, and you’re not concerned about what you don’t have.

“People who are discontent will often engage in **“when and then thinking”** – “When I get _____, then I will be happy.”

2. _____ – you are thankful for what you have – You have an inward appreciation and beholding for all that you have received that puts you at ease and peace with your circumstances, and eliminates comparisons.

“People who are discontent usually compare the worst of themselves to the best assumptions they make about others.”

3. _____ – you learn under the circumstances – You’re able to learn and enlarge your capacity to adapt to new conditions or a new normal.

“People who are discontent have not learned how to expand their capacity to adjust under all conditions.”

“Contentment with attitude, gratitude, and aptitude are inseparable.”

Scriptural Application:

I Timothy 6:6-8 (ESV)

v.6. But **godliness** with **contentment** is **great gain**. **v.7.** for we brought nothing into the world, and we cannot take anything out of the world. **v.8.** But if we have food and clothing, with these we will **be content**.

Attitude: **v.6.** But **godliness** with **contentment** is **great gain**. **v.7.** for we brought nothing into the world, and we cannot take anything out of the world.

Godliness + Contentment = Great Gain

Gratitude: **v.8.** But if we have **food** and **clothing**, with these we will **be content**.

Consequences of Being Discontent:

I Timothy 6:9-10 -- desire to be rich

- fall into temptation, a snare, and into senseless and harmful desires that bring you into ruin and destruction
- wander from the faith
- pierced with many pangs (sorrows)

Philippians 4:11-13 (NLT)

Aptitude – **v.11.** Not that I was ever in need, for I have **learned** how to **be content** with whatever I have.

Gratitude – **v.12.** I know how to live on almost nothing or with everything. I have **learned** the secret of living in **every situation**, whether it is with a **full stomach** or **empty**, with **plenty** or **little**.

Attitude – **v.13.** For I can do **everything** through Christ who **gives me strength**.

References: 2 Corinthians 12:8-9 (NLT), Hebrews 13:5-6 (ESV)

Takeaway:

Contentment - You're at ease with whatever you have because you rely upon Christ's strength with the right: attitude, gratitude, and aptitude.

Next Week's Message

20th Year Founder's Celebration with the Graham Family