



## **STAND YOUR GROUND, Part IV**

March 11 & 16, 2022: Teacher, Roger Thompson  
“Learning Contentment”

### **Commandment #10: *You shall not COVET***

*your neighbor's house: his lifestyle*  
*you shall not covet your neighbor's wife: her beauty or gifts*  
*or his male servant, or his female servant: his advantages*  
*or his ox: his tools and equipment*  
*or his donkey: his transportation*  
*or anything that is your neighbor's.*

Exodus 20:17

**Coveting is the heartburn of discontent with God's purpose, his love, and his timing.**

- *Philippians 4:11-13*

**Contentment is a learned behavior and an acquired taste.**

**Contentment is the inner gyroscope of the soul.**

### **1) Contentment is profitable**

- *1 Timothy 6:6-8*

### **2) Contentment starts with thinking clearly: (1 Tim. 6:7)**

### **3) Contentment requires choosing daily: (1 Tim. 6:8)**

- Do I have all I want, or Do I want all I have?
- Do I have symptoms of discontent/ covetousness?
- 1 Timothy 6:9-10

#### **4) Learning contentment:**

Christian contentment is that sweet, inward, quiet, gracious frame of spirit which freely submits to and delights in God's wise and fatherly plan in every condition.     Jeremiah Burroughs, 1648

- Subtraction:

A Christian comes to contentment, not so much by way of addition, as by way of subtraction. . . a heart that has no grace knows of no way to get contentment except to have his possessions raised up to his desires; but the Christian has another way to contentment: he can bring his desires down to his possessions.”

Jeremiah Burroughs

- Addition:

A Christian comes to contentment, not by getting rid of burdens, but by adding another burden.

- A greater YES: forfeiting the lesser for the greater.

#### **Discussion Questions:**

1. As a group, name all the voices that create discontent and covetousness.
  
  
  
  
  
  
  
  
  
  
2. Have you ever experienced contentment because of something you subtracted or extracted from your life?
  
  
  
  
  
  
  
  
  
  
3. What biblical self-talk from scripture provides an antidote for you to fight off discontent?