



SESSION #3 THE CULTIVATION OF CONTENTMENT: THE FRUIT OF THE GOSPEL

Specific tips for cultivating grace-wrought, God-honoring contentment:

1. Monitor our minds.

Our thought life to a significant degree determines our contentment.

E.B. Pusey's List for Fostering Contentment:

- 1) Allow thyself to complain of nothing, not even of the weather.
- 2) Never picture thyself under any circumstances in which thou art not.
- 3) Never compare thine own lot with that of another.
- 4) Never allow thyself to dwell on the wish that this or that had been, or were, otherwise than it was, or is. God Almighty loves thee better and more wisely than thou dost thyself.
- 5) Never dwell on the morrow. Remember that it is God's, not thine. The heaviest part of sorrow often is to look forward to it. "The Lord will provide."

Specific Areas of Temptation in Which to Monitor Our Thoughts:

Comparison – John 2:21-22; Romans 12:15; Matthew 20:1-15; 1 Corinthians 13:4-7

Expectations

"If thine eye is evil towards thy neighbor because God is good to him, it is proof that thou quarrest with Providence . . . And if God should give to one of His children more than He gives to you, has He not a right to do what He will with His own?"

William Plumer

Entitlement

"If we do not have what we desire, we have more than we deserve."

Thomas Watson

*O Lord, I am astonished at the difference
between my receivings and my deservings,
between the state I am now in and my past gracelessness,
between the heaven I am bound for and the hell I merit.*

Valley of Vision, p. 12

2. Guard our hearts.

Cultural consumerism / advertising / shopping, etc.

3. Foster gratitude.

What God gives / What God withholds.

4. Cultivate a God-directed worldview.

5. Grow in selfless giving.

"Seldom resist a generous impulse."

George Sweeting

6. Develop an eternal perspective.

"Death begins a wicked man's hell, but it puts an end to a godly man's hell."

Thomas Watson

7. Look to Christ, our example.