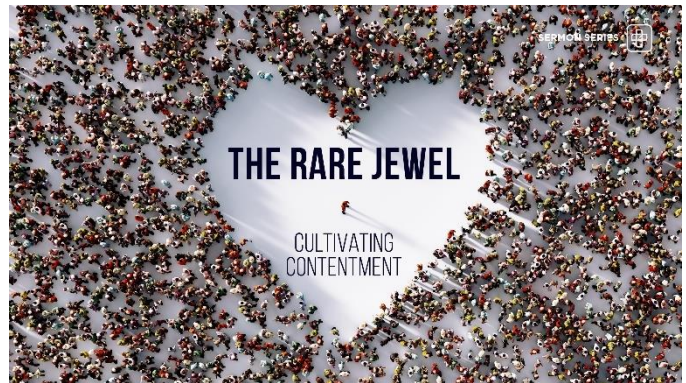


Five Habits That Are Killing Your Contentment

Blake Glosson November 24, 2019



Please open your Bibles to Philippians 4. As you're turning, I want to make a few comments. First, I've been a little under the weather this past week, so if we get toward the end of the sermon and you see my mouth moving, but you don't hear anything coming out, you'll know why. I guess that will mean you're dismissed.

Also, this past week I was going to teach this sermon to Women's Bible Study, so if you're sitting there this morning and thinking this is very practical in nature—it is. It might be a different-sounding sermon, as this was prepared for Women's Bible Study. On that note, if any of you ladies are here and looking for a good way to get plugged into the church, the Women's Bible Study is a great place to start. We've heard many things about how God has been working through this ministry and they're going to be resuming in January.

I'm going to open this morning with Philippians 4:12-13. Paul says:

¹² I know what it is to be in need, and I know what it is to have plenty. 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. ¹³ I can do all this through Christ who gives me strength.

Before we just glaze over a text like this, can we all just take a moment to appreciate how astounding a statement like this is? Paul says, *"I have learned the secret of being content in any and every situation."* That is incredible! Guys, it's not like Paul was chilling in Hawaii with his wife when he wrote this letter. Let me just give you a small glimpse into the situation in which Paul wrote this. First, he was single and probably had lots of married friends he could have been comparing himself to.

Second, he was in prison. Now, you might be thinking, "I thought you said he was an unmarried man." No, I mean he was literally in prison while he was single. I'm completely kidding. I'm single, so I'm allowed to make a joke like that.

Seriously, we have Paul making this statement when he was single and in prison—but what did that mean? A great passion of mine is to grow my career and advance my business. But Paul had no way to do that.

In addition, Paul had people who actively hated him. You might have had a time in your life when you felt like everyone in the world was happy with you, except for that one person who was disappointed with you. Maybe it was a parent figure or close friend, so you felt you couldn't be content until that one person was okay with you. But Paul had a number of people who actively hated him.

Fourth, he had people who were actively misrepresenting him. Have you ever had a subtle discomfort in your heart because you feel like you've been misrepresented in some way? Paul was single, in prison, had people who actively hated him and he was being misrepresented.

One more thing. Paul had to deal with the ongoing temptation to live in regret for the shameful things he had done in his past, including persecuting the church. This regret could definitely have hindered his contentment.

Yet in all these circumstances, Paul says, "I have found the secret of contentment." What he's saying is there is a kind of contentment that can be had even in the midst of all these things—even in singleness, imprisonment, disappointment, misrepresentation, regret and so much more. Would it be fair to say that everyone in this room would love to have that kind of contentment? But how do we get there?

This morning I would like to suggest that every person in this room through faith in Christ can enjoy this rare jewel of contentment—even here in this broken world, even in the presence of sin. But you can only enjoy this rare jewel of contentment if you are able to rid your life of five "Killers of Contentment" that we see in the book of Philippians.

Before we go further, I need to tell you that I struggle with all five of these. These aren't things I'm now over and can therefore say to you, "Well, if you want contentment, just get rid of these like I did." No, I'm working through these things as well. But that's why Paul said he had learned the secret of contentment. It's something we need to work on. It doesn't come naturally. If you know someone who's content, it's not because they were born with it. They actively worked to learn it.

So then, what are five things that can hinder us from enjoying the contentment God offers us in Christ? They are comparing, complaining, contorting, complacency and conceit. In full disclosure, I'm going to spend most of our time on #1 and #2. If we spend the next 15 minutes on point one, don't fret. I promise to have us out of here before the 5:00 service tonight. So no worries.

Contentment Killer #1: Comparing (& competition) – Philippians 1:15-18

We'll start with comparing, which we read about in Philippians 1:15-18 where Paul says:

¹⁵ It is true that some preach Christ out of envy and rivalry, but others out of goodwill. ¹⁶ The latter do so out of love, knowing that I am put here for the defense of the gospel. ¹⁷ The former preach Christ out of selfish ambition, not sincerely, supposing that they can stir up trouble for me while I am in chains. ¹⁸ But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice.

It's likely that the number one killer of contentment—and perhaps the most secretive and subtle killer as well—is comparison. This was true in Paul's day and it's possibly even more true today, especially with the rise of social media. This isn't a sermon on social media, but I do think it's helpful to mention it.

Now, from the comfort of literally any room in your house, you can click on your phone and instantly begin comparing your normal life with the highlights of everyone else's life. Without even knowing it, you can begin to suffocate your contentment as you compare yourself with your friend's best moments of their physical appearance, jobs, relationships, house, car or travels. I've even found myself becoming jealous of how many "likes" someone has on their status. I'm thinking, "I said something really similar to that, but I only got half as many likes. What's up with this?" Social media can become a giant swamp of comparison.

Now, I'm not trying to create a new legalism here with social media. Please don't hear me say that. I don't think Facebook is inherently evil. Instagram, maybe. But I would encourage you to ask yourself when you spend five to ten minutes on Facebook, Instagram, Snapchat or any of those sites, do you walk away feeling more content? Or even genuinely happy for your friends? Do you scroll through and say, "Susie's at the beach—that's awesome for her! Hey, there's my friend Joe. He's succeeding in areas of life I want to succeed in. That's awesome! Good for him." Do you walk away feeling genuinely happy for your friends or do you walk away feeling discontent? Maybe a better question is do you walk away from five or ten minutes on social media genuinely loving Jesus more? Or do you walk away from five or ten minutes on social media feeling more discontent, feeling jealous threatened or bitter toward your friends because of their success?

While I'm on this path, here's one more question. Are your posts helping others love Jesus more and be more content, or are they just leading other people to feel jealous of you?

I think it might be helpful, when we're using social media, to think through what it's doing to our contentment and what it's doing to the contentment of our brothers and sisters in Christ.

Again, if you walk away from a few minutes on social media feeling, “I’m not good enough,” or, “I’m jealous of Joe,” I would ask is it really worth it? If the game is killing you, why not just quit the game? This isn’t legalism, but I thought this would be something helpful to think through.

With that being said, let me ask you to do a little self-evaluation regarding comparison. Is there one area of your life in which comparison seems to be more deadly than any other area? Or is there an area of your life which, when you compare yourself to others, seems to cripple you more than any other area? This morning I’m suggesting that the most crippling area for us regarding comparison is the area we’re depending on the most for our self-worth.

In fact, if you want a quick way to find out the answer to the question, “What do I look to for my self worth?” ask yourself, “In what area of my life am I most tempted to compare myself with others?” Or maybe even better, “In what area of my life do I feel most threatened when someone else surpasses me?” For example, if you’re looking to your appearance to give you your worthiness, your value in life, but your friend makes more money than you do, you might be a little jealous about that. You won’t really feel threatened by it.

Or for parents, perhaps you’re looking to your kids to give you your value in life, but one of your friends has a nicer kitchen than you do, you might be a little jealous. You won’t feel threatened by it. But when your friend surpasses you in the area of your life that you’re most depending on to give you value, this can feel incredibly threatening or even crippling to you.

The reason is that when someone surpasses us in this particular area, our natural reaction can be to think, “I’m not good enough. I’m not worthy. There’s something wrong with who I am.” This crushes our contentment by getting our eyes off the place where our worth should be found—which we’ll look at in a minute—and instead we focus on this other area. Contentment-killing comparison grows best in the area of our lives we’re most depending on to give us self-worth.

If you’re wondering whether comparison might be killing your contentment right now, then here’s a two-question test that can give you the answer. First, what is the area of your life in which you are most tempted to think, “If only I had this, then I would feel good enough or then I would be satisfied”? Once you’ve identified that, here’s the second question. What would be your most immediate reaction if your best friend suddenly got the exact thing you thought would satisfy you? Imagine your best friend gets the very thing you thought would satisfy you. Would your initial, gut-level reaction be happiness for them? I’m not talking about the effort you would make to become happy. Would your initial reaction be happiness or would it be to feel jealous or even threatened by them? If your friend gets the promotion you wanted, or your friend succeeds in the exact area of life you want to succeed, and if you’re thinking, “You know, if that happens, I would

feel more jealous than happy for them,” this might be an indicator that comparison currently has a strangle-hold on your contentment.

I'll share one example of this from my own life, then I want to look at Paul's remedy to contentment-killing comparison. A couple months ago I was sitting in on an elder meeting when they were discussing a controversial passage of Scripture. I didn't know a lot about this passage, so of course I stayed quiet and pretended I understood what was going on. But I had one golden nugget of insight I absolutely could not wait to share whenever the opportunity might arise. As I listened to the elders go back and forth on this passage, I was thinking, "If only they knew that right now I have the golden insight that would solve this entire debate, they would probably all stop talking and listen to me." In fact, I was hoping David would randomly turn to me and say, "Blake, do you have any thoughts on this issue?" And then I could humbly say, "Well, I guess I do have one thought."

But as I was picturing how that might play out—how maybe after my comment all the elders would give me a standing ovation or put a plaque in the foyer, "Comment of the year from Blake Glosson"—as I was picturing this, my worst nightmare came true. Any guesses what happened next? Brandon Stern opened his mouth and said, word for word, exactly what I was going to say. To make matters worse, it seemed like everyone in the room was helped by it. As soon as Brandon said what he did, it was like I got stabbed in the heart. "That should have been my response of appreciation from the elders." I was truly jealous.

Of course, I'm being a little dramatic right now, but here's what that situation revealed to me. In this moment, to a certain degree, my ultimate desire was not for the message to be delivered—it was for me to be the one who delivered the message. If my number one concern was helping people through this comment, then I would have been perfectly content that the comment was brought up, regardless of who brought it up. But now, instead of rejoicing in the fact that people were helped by this comment, I was discontent because Brandon was getting the recognition I wanted. He had something I didn't have and I wanted it. I was jealous. This is one of the major problems of comparison—it turns our closest friends into competition rather than companions.

How do you think Paul might have counseled me in this situation? In other words, what is Paul's remedy—and God's remedy—to contentment-killing comparison? According to Philippians 1, Paul looked at other people as companions to bless, not competition to beat. I find Philippians 1:15 amazing. Paul says, "*It is true that some preach Christ out of envy and rivalry...*" There it is: envy and rivalry. Another way to put these two words is comparison and competition.

Then look at what Paul says in verse 18: *“But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this, I rejoice!”* Do you realize what’s happening? This is the exact opposite mentality of the one I had at the elder meeting. For me, the most important thing was not the message to be delivered, but that I was the one to deliver the message so I could get recognition.

But in Paul’s situation, he says, “As long as Christ is preached, it doesn’t matter if I’m the one preaching or if someone else is.” Then literally he says this: “Either way, I will rejoice.” Now, that is astounding. Here’s why this is so amazing. Imagine being Paul for a moment. Can you do that? I wish I had a picture to help you imagine him. But with just the little we know about his credentials from Scripture, if you were Paul, what you be most tempted to look to for your self-worth, especially in this life?

I think for him, one of the things he might have been most tempted to put his self-worth in is his preaching. If he had a Facebook bio—he obviously wouldn’t have an Instagram bio, because he’s a Christian (just kidding)—but if he had a Facebook bio, it might read: Preacher. That’s where he finds his identity. Preacher. Entrepreneur. Evangelist. But now he’s stuck in prison, so he has no way to preach, grow his ministry and there are literally people right outside his doors trying to get under his skin by surpassing him in his preaching ministry. They’re trying to bug him.

Here’s the amazing thing. Not only was Paul not offended by this, not only was he not indifferent, he actually rejoiced in this. These people were preaching Christ out of selfish motives in order to get under his skin and his response was, “Yeah, but they’re preaching Christ.” How is it possible that Paul did not at all feel threatened by the fact that other people’s ministries were advancing all around him while he was stuck in prison? How is it possible that this didn’t lead him to contentment-killing comparison?

The reason he was not threatened but was actually able to rejoice is because Paul was not looking to his preaching to give him self-worth or worthiness. He was looking to something else. Listen to what he says in Philippians 3:8-9: *“I consider [everything else as] garbage, that I may gain Christ and be found in him.”* Here it is. What does Paul look to for his worthiness? He says, *“Not having a righteousness of my own...but that which is through faith in Christ.”* In other words, Paul was not looking to his preaching to justify him; he was looking to the object of his preaching to justify him. This was what allowed him to rejoice in the success of others rather than to feel threatened by it.

Again, think back to that area of your life you thought of earlier. Where are you most tempted to feel threatened when someone else surpasses you? In that area of your life, ask yourself the question, “What am I looking to to give me self-worth? Am I looking to Christ or am I looking

to this thing?” Here’s the beautiful thing. If we’re looking to Christ for our worthiness, then the success of others can actually become a fuel for our joy rather than a fuel for our jealousy.

That’s contentment-killer number one—and again, that was our longest one by far. Let’s move on to number two.

Contentment Killer #2: Complaining – Philippians 2:14, 4:6-7

Let’s read Philippians 2:14 and then Philippians 4:6-7. The first verse is pretty straightforward: “*Do everything without grumbling or complaining.*” Everything—without grumbling or complaining. Then Paul says in Philippians 4:6-7:

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

What exactly is complaining? Here’s one way to define it: complaining is discontentment expressed. Whereas comparison is usually a form of internal discontentment, complaining is usually a form of external discontentment. What leads us to complain? Why do we complain? Why are we so tempted to complain?

It would take a long time to exhaustively answer these questions, but I want to give you one of the most common reasons why we’re tempted to complain. It comes out of a deep desire for validation. Behind all of our complaining is a cry for validation, usually either for our behavior or for our pain.

For example, regarding our behavior, we say things like, “I wouldn’t yell at my kids so much if they would just give me some peace and quiet every once in a while!” Or, “I wouldn’t be so rude to my husband if he would just spend more time with me.” Or, “I would read my Bible more if I didn’t have so much on my plate already.” In situations like these, why are we making these comments? Why are we complaining?

It’s because we’re seeking to validate our behavior. We want someone to tell us that the way we’re living is okay, given the circumstances, so we don’t have to feel guilty about it anymore. This is going to get real deep real fast. In this sense, instead of looking to Christ to take away our guilt and justify us, now we’re looking to complaining to take away our guilt and justify us. So that’s an issue.

We don’t only complain in the hope that someone will validate our behavior. We also complain in the hope that someone will validate our pain. Often in these situations, we aren’t even

so much hoping the pain will go away through our complaining, as we're hoping someone will simply acknowledge our pain through our complaining.

For those of you who know me, you'll know that I get cold very easily. I remember one specific time when I was complaining to someone about how cold I was, saying, "It's really cold in here." They responded, "Well, maybe you should put a coat on." I'm thinking, "That's not the point. I'm not looking for a solution; I'm looking for sympathy."

Why do we do this? Why do we seek validation for our pain? Here's why. We all desperately want someone—even just one person—to know what we're going through and grieve with us, hopefully to give us hope for a better future. Your desire to have someone know what you're going through, grieve with you and give you hope for a better future is not wrong.

That's why Paul doesn't say, "Instead of complaining about your pain, just bottle that thing up inside of you. Don't let it out." No, he says, "There's a better way. Instead of complaining about your pain, bring your pain to God. Let your requests be made known to God." And guess what? God is the only One Who does fully know what we're going through, He's the only One Who can genuinely and thoroughly grieve with us and He's the only One Who has the power and authority to give us hope for a better future. Paul says in Philippians 4:7 that God can give us a peace that transcends all understanding. No one else can give us that. Our complaining can't give us that.

So if you think complaining might at times be killing your contentment, here's a good next step to take. The next time you catch yourself complaining, or you're even tempted to complain, ask yourself, "What am I currently seeking validation for? Am I seeking validation for my behavior? Am I seeking validation for my pain? Am I seeking validation for something else?" Then once you acknowledge what you're seeking validation for, ask yourself, "Is there any way I can seek validation for this in Christ instead of in my complaining?"

We're going to move on to the third point here, but I do want to make one more comment when it comes to complaining. God has given us the body of Christ for a reason, so there are definitely ways we can and should express our concerns and cares to others. There have been many times in my life when I have felt down about something or torn about something, then I went up to a brother or sister in Christ, not necessarily complaining, but telling them, "This is how I'm feeling." Amazingly, sometimes even just expressing that to them takes the weight off my shoulders. It makes me feel better already.

So God has given us the body of Christ and there are ways we can and ought to make our troubles known. The solution here is not to bottle up our pain inside. Paul does say we should do all things without complaining. So there's a way we can express our pain to others that's not complaining. I don't want to say only pray. Praying is one great way to deal with pain, but it can

also be good to come to a brother or sister in Christ and say, “Hey, I’m dealing with this. Can you pray with me? Can we talk through this?” That can be helpful too.

Contentment Killer #3: Contorting – Philippians 3:18-20

So, what kills our contentment are comparing and complaining. Now let’s look briefly at the other three, starting with contorting. You may be wondering if that’s just an old word. I mean, who uses that word? What does it even mean? The dictionary definition is “to twist or bend something out of its normal shape.” Here’s another way to put it. Contorting is when you put pressure on any object, trying to make that object be something it wasn’t designed to be or do something it wasn’t designed to do.

This is exactly what we do every time we look to anything in this world to fix our brokenness or fill our emptiness. Whether that’s a relationship, a certain job or a certain outcome in life, any time we look to any of these things to save us, it will always leave us walking away feeling discontent. Look at how Paul puts it in Philippians 3:18-20. Again, Paul is saying here that we should look to Christ to be our Savior, not to look for a savior in something in this world.

Many live as enemies of the cross of Christ. Their destiny is destruction, their god is their stomach [or appetite], and their glory is in their shame. Their mind is set on earthly things. But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ.

Paul says, “If you’re eagerly waiting for a savior from anywhere on this earth, you’re going to be waiting a really long time. And by the way, you’re signing yourself up for a lifetime of discontentment.” Any time we look to any gift of God to do something only God can do, it will inevitably ruin the gift and kill our contentment.

I’ll give one brief example of this from my own life. At times when I’m feeling down about something, when my soul is hurting, literally there have been times when I’ve thought, “Well, maybe if I eat this food, it will make me feel better.” In that sense, I’m literally looking to food—which was designed to nourish our physical bodies—to satisfy my soul, to feed something spiritual. This is a classic example of contorting. I’m asking food to do something it was not designed to do or be something it was not designed to be.

We can do this with anything in this life—maybe a relationship, money, a career or a hobby—and all of these things are good things. Here’s another way to look at contorting. Think of it as crushing or choking. When you grab a gift from God and are saying in essence, “Be God for me,” it will break the gift. It will also inevitably destroy your contentment.

Here's the good news. When we look to Jesus to be our Savior, to satisfy our emptiness and fix our brokenness, when we squeeze hard on Him, He won't break. I love Hebrews 1:3, which says Jesus "...upholds the universe by the word of his power" (ESV). Another translation says Jesus sustains the universe by the word of His power. At the very least, one of the implications we can take away from this is that Jesus is strong enough to sustain your soul and save you. You can't put too much weight on Jesus. He won't break.

Even this last week there were times when I was tempted to look to something in this world to fix my brokenness, something that was a good gift of God. The thought that literally went through my mind was, "Blake, don't crush this gift. Look to Jesus." That's the third contentment killer: contorting. Let's look at number four.

Contentment Killer #4: Complacency (& perfectionism) – Philippians 3:12-14

The fourth contentment killer is complacency and its counterpart is perfectionism. I had a friend say to me recently, "I never want to stop growing. I refuse to be content." In this situation, my friend was concerned that contentment would hinder his growth. Now, before we just make fun of him, I think a lot of us have had that thought before. We might think, "I don't want to get too content, because then I won't grow."

The problem with that thought is we are confusing contentment with complacency which are drastically different things. Specifically, complacency is when we stop trying to grow; contentment keeps working to grow while being satisfied in Christ. Here's another way to put it: Complacency is stagnancy without fulfillment; contentment is fulfillment without stagnancy.

How do you view sanctification or spiritual growth? Most of us at times fall into one of two ditches—or we keep rotating between the two. Those two ditches are complacency and perfectionism. We either abuse the grace of God through complacency or we distrust the grace of God through perfectionism, thinking "I need to earn my salvation."

What's the difference between perfectionism and complacency? Here's one way to think about it. Complacency whispers to the Christian, "You're good enough, so why even try?" Perfectionism, on the other hand, can whisper to the Christian, "You'll never be good enough, so why even try?" Both of these not only prevent us from growth, but they also destroy our contentment.

Specifically, complacency strips us of the joy God wants us to have in sanctification and growing in Christ. God meant that to give us joy. When we see the Holy Spirit working in us and we're growing to be more like Christ, this is meant to give us joy. But complacency strips us of that joy. On the other hand, perfectionism strips us of the joy God wants us to have from justification,

from being secure in Christ, from saying, “I don’t need to be perfect because Christ was perfect for me.”

What can keep us from falling into either of these two ditches, complacency or perfectionism? Look at how Paul answers this question in Philippians 3:12-14 (NLT):

[Not] that I have already reached perfection, but I press on to possess that perfection for which Christ Jesus first possessed me. No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: forgetting the past and looking forward to what lies ahead, I press on.

In other words, if we want to avoid falling into these ditches of complacency and perfectionism, we must press on in sanctification, while simultaneously clinging on to Christ’s perfection for our justification. Another way to put that is never stop working to grow in your personal righteousness, but also never stop resting in Christ’s righteousness for your salvation. That’s what Paul is saying.

Contentment Killer #5: Conceit (i.e. entitlement) – Philippians 2:3-8

So what kills our contentment? First, it’s comparing. Second, it’s complaining. Third, it’s contorting. Fourth, it’s complacency and perfectionism. Finally, it’s conceit or entitlement. Perhaps more than any of the other contentment killers, conceit or entitlement is a fast-track to discontentment. Here’s why.

Contentment and entitlement cannot possibly co-exist in our hearts at the same time. Contentment says, “I have more than I deserve.” Entitlement says, “I deserve more than I have.” In other words, every second I am feeling entitled is a second I cannot be content. They are fundamentally incompatible mentalities. So what is the remedy Paul offers to the person struggling with entitlement? What hope does he give? Look at what he says in Philippians 2:3-8:

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves...Have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing...[and] humbled himself by becoming obedient to death, even death on a cross!

So what hope is there for you and me when we’re struggling with entitlement? Paul says, “Fix your gaze on the only Person Who deserved to be entitled. Fix your gaze on Christ, Who had all the riches and comforts and glories of heaven. But instead of using these things to His own

advantage, He willingly gave them up so that we through His poverty might become rich.” Paul says, “If you’re struggling with entitlement, there is your Example. Jesus is the One we ought to look to.”

Here is our medicine: fix your gaze on Him. He humbled Himself to the point of death in order that we might have life. That’s the remedy for entitlement.

So there you go—five killers of contentment. When you’re feeling discontent, ask yourself these questions:

- Am I comparing? Do I feel threatened, as though I’m going to lose my self-worth when someone surpasses me?
- Am I complaining? Am I looking for validation for my behavior or pain by complaining to others instead of looking to Christ?
- Am I contorting? Am I putting pressure onto a gift of God to fix my brokenness or fill my emptiness, instead of looking to God Himself?
- Am I living with complacency or perfectionism? Have I stopped working to grow, thinking, “I’m good enough”? On the flip side, is my growth being hindered by the crushing weight of, “You’ll never be good enough”? Or am I looking to Christ, Who was good enough?
- Am I living with conceit or entitlement? Do I feel like I deserve better than the salvation Christ bought for me with His own precious blood?

I had a conversation with David the other day, saying, “You know, I’m not a huge fan of just focusing on the negatives. I feel a little bit bad just saying, ‘Here you go—there are five things that are killing your contentment. Happy Thanksgiving.’” So I’ll leave you with this. How can we combat these five killers of contentment?

I’ll begin with this. If you’re sitting here this morning and you have not yet put faith in Christ, don’t even worry about the five questions we just asked. I knew a lot of this content before I became a Christian, but I still couldn’t find contentment. The reason is because the only way we can find true, lasting, eternal contentment is in a relationship with God through faith in Christ. So if you have not yet trusted in Him today, let today be the day. As Jesus says in Matthew 11:28-29:

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

We’re all desperate to hear the words, “In Me you will find rest for your souls.” Nothing else can offer that. No one else can offer that. So if you’re here this morning with unrest in your soul, there is literally nothing more important that I could say than to encourage you to receive the invitation Christ is offering you. Trust Him.

Now, if you have put faith in Christ, possibly the best way to combat all five of these contentment killers is with something that rhymes with latitude—and that’s gratitude. [That was so cheesy!] If we want to rid our lives of these contentment killers, we must thank God daily for what He has done for us in Christ, what He is doing through us by the Holy Spirit and what He promises to do with us for all eternity.

If you’re sitting there thinking—and I’m thinking the same thing—if we have salvation through the blood of Christ, we have far more than we could ever ask or deserve. So as we lead up to Thanksgiving, let’s be intentional about thanking God for His wonderful gift. As we do this, I will assure you we can enjoy the rare jewel of Christian contentment.

Let’s close in prayer.

O Lord, apart from You our souls cannot find rest. Our souls are restless until they find rest in You. So, Lord, we thank You for giving us rest in Christ. I ask for myself and everyone in this room, please help us rest in the salvation Christ earned for us this next week in a way that would lead us to true contentment. We thank You, God, that in every change You faithful will remain. Now, Lord, I pray that You would help us be faithful in living lives that are worthy of the gospel of Christ. It’s in His name we pray. Amen.

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