

Contentment is the Key

In Charge – Part 4
September 19, 2021

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Never before have so many people had so much, and yet, want so much more.

Comparison

Envy is the enemy of contentment

“Life became dangerous the day we all became famous.” - Jon Bellion

“We’re comparing our behind-the-scenes with other people’s highlight reels. We feel like losers, because we see the best of their best, and we know the worst of our worst.”

- Steven Furtick

Letting the quality of our lives be determined by the quantity of our likes.

Areas of Discontentment

- **Material and Financial Discontentment**
- **Relational Discontentment**
- **Circumstantial Discontentment**

“There is no win in comparison.” - Andy Stanley

“¹⁰I rejoiced in the Lord greatly because once again you renewed your care for me. You were, in fact, concerned about me but lacked the opportunity to show it. ¹¹I don’t say this out of need, for I have learned to be content in whatever circumstances I find myself. ¹²I know how to make do with little, and I know how to make do with a lot. In any and all circumstances I have learned the secret of being content — whether well fed or hungry, whether in abundance or in need.” Philippians 4:10-12 (CSB)

“I am able to do all things through Him who strengthens me.” Philippians 4:13 (CSB)

The secret of contentment is not found in what I have or do not have. The secret of contentment is found in Christ, and Christ alone.

1. Kill Comparison

- **Take a Break**
- **Delete**
- **Celebrate**

2. Develop Gratitude

Envy is resenting God's goodness in other people's lives, and ignoring God's goodness in your own life.

"For the despondent, every day brings trouble; for the happy heart, life is a continual feast." Proverbs 15:15 (NLT)

3. Keep It Real

Nothing traps people in unhealthy social-media patterns like personal insecurity.

Is Jesus really all you need?

Do you have Jesus at all?