

DAILY BIBLE VERSES AND PRAYER THOUGHTS:

MONDAY - VERSES: Matthew 6:8,32; Deuteronomy 5:21; Psalm 38:9; Mark 10:35-40 PRAYER THOUGHT: Ask God to help you look at your wants and desires and recognize the difference between what is need and want and what is helpful or detrimental.

TUESDAY - VERSES: 1 Timothy 4:7-8; 6:10-11; 2 Peter 3:10-12 PRAYER THOUGHT: Ask God to help you learn the importance of godliness in your life.

WEDNESDAY - VERSES: Philippians 4:11-13; 3 John 1:9-10; Hebrews 13:5-6 PRAYER THOUGHT: Ask God to help you learn the importance of contentment in your life.

THURSDAY - VERSES: Psalm 69:30; 95:2; 1 Timothy 4:3-5; Philippians 4:6 PRAYER THOUGHT: Thank God for your many blessings both physical and spiritual.

FRIDAY - VERSES: Psalm 22:26; 37:18-19; Proverbs 27:20; Ecclesiastes 4:8; 5:10 PRAYER THOUGHT: Ask God to help you remember to be thankful and content all through the year and throughout our lives.

SATURDAY - VERSES: Philippians 4:18-20; Matthew 7:9-11; 16:24-27 PRAYER THOUGHT: Ask God to help you learn how to combine godliness and contentment to gain what He promises will be great gain.



“It isn't what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it.” - Dale Carnegie

“He who is not contented with what he has, would not be contented with what he would like to have.” - Socrates



ASSIGNMENTS

1. Daily read over this material and read or sing the song.
2. Place the scripture where you will see it often each day.
3. Think of times of your life when you have been content.
4. Each day write down the ways you have practiced contentment.
5. Plan to tell the class how you have practiced contentment, or tell how you have failed to be content with what you had.

**SPIRITUAL HEALTH REGIMEN - WEEK 18
CONTENTMENT - 11-18-12 TO 11-24-12**

SCRIPTURE - (1 Tim 6:6) Now godliness with contentment is great gain.

COMMENT - Our godliness and Christianity should not have ulterior motives of financial gain. We gain much from practicing godliness just to please God because of what he has done for us.

SONG – MANSION OVER THE HILLTOP

1. I'm satisfied with just a cottage below, A little silver and a little gold; But in that city where the ransomed will shine. I want a gold one that's silver lined.

2. Don't think me poor or deserted or lonely, I'm not discouraged, I'm heaven bound; I'm just a pilgrim in search of a city, I want a mansion, a robe and a crown.

REFRAIN: I've got a mansion just over the hilltop, In that bright land where we'll never grow old; And some day yonder we will never more wander But walk the streets that are purest gold.

THOUGHTS

Once when Diogenes was sunning himself, Alexander the Great visited him and said, "Ask any favor you wish from me."

Diogenes responded, "Please move out of the sunlight." To which Alexander said, "If I could not be Alexander, I would be Diogenes."

What a great example of contentment.



No matter how long a person may live or how rich he may be, money cannot bring him happiness. In his book For Better or For Worse, Walter Maier included this story: "A rich man had committed suicide. In his pockets were found two items: \$30,000 in cash and a letter. The letter read in part: 'I have discovered during my life that piles of money do not bring happiness. I am taking my life because I can no longer stand the solitude and boredom. When I was an ordinary workman in New York, I was happy. Now that I possess millions, I am infinitely sad and prefer death.'"



Success is getting what you want; happiness is wanting what you get.

Many people mistakenly think they can find contentment in the things of the world. A wealthy employer once overheard one of his workers exclaim, "Oh if I only had a hundred dollars, I would be perfectly content." Knowing that his own money had not given him inner peace, he told her, "Since I would like to see someone who is perfectly contented, I'm going to grant your desire." He gave her the money and left, but before he was out of earshot, he heard her remark almost bitterly, "Why on earth didn't I say 200?" The boss smiled, for he had made his point that money doesn't make a person "perfectly contented."



Sidney Harris once wrote, "The most miserable people I have known have not been those who suffered from catastrophes -- which they could blame on fate or accident -- but those who had everything they wanted, except the power to enjoy it."



Many people are not content with the work they are doing because the grass always looks greener on the other side of the fence. They are dissatisfied even when their circumstances are favorable. Instead of doing their duty cheerfully and conscientiously as unto the Lord, they yield to a spirit of covetousness. As a result, they miss God's best for their lives and fail to see the blessings they already have.



An ancient Persian legend tells of a wealthy man by the name of Al Haffed who owned a large farm. One evening a visitor related to him tales of fabulous amounts of diamonds that could be found in other parts of the world, and of the great riches they could bring him. The vision of all this wealth made him feel poor by comparison. So instead of caring for his own prosperous farm, he sold it and set out to find these treasures. But the search proved to be fruitless. Finally, penniless and in despair, he committed suicide by jumping into the sea. Meanwhile, the man who had purchased his farm noticed one day the glint of an unusual stone in a shallow stream on the property. He reached into the water, and to his amazement he pulled out a huge diamond. Later when working in his garden, he uncovered many more

valuable gems. Poor Al Haffed had spent his life traveling to distant lands seeking jewels when on the farm he had left behind were all the precious stones his heart could have ever desired.



A major cause of arguments in the home is the worry about money. Ben Franklin said that there are two ways of solving money problems: augmenting your means -- that is, making more money -- or diminishing your wants; either will do. But the best plan of all is to do both at the same time: earn more money and diminish your wants. In this way, you'll live well within your means and always have a surplus of money.



There was a king suffering from a painful ailment. His astrologer told him that the only cure was to find a contented man, get his shirt, and wear it night and day. So the king sent his messengers throughout the realm in search of such a man, with orders to bring back his shirt.

After a thorough search they returned. The king asked if they found a contented man in the realm. They assured him that though it was quite difficult they had indeed found one. The king demanded they bring him the shirt, but they confessed that he did not have one.



A multi-millionaire offered one million dollars to anyone who was truly contented. One man came to claim the million saying he was perfectly content. The millionaire said: "if you are truly content, what do you want with my million dollars?" He never found the perfectly contented person who asked for the million dollars!



Choose rather to want less, than to have more - Thomas A. Kempis



If the grass looks greener on the other side of the fence, you can bet the water bill is higher.



One hundred years ago it was figured that the average American had 70 wants. A recent survey showed the list is now nearly 500.

GODLINESS WITH CONTENTMENT

SCRIPTURE - (1 Tim 6:3-10) If anyone teaches otherwise and does not consent to wholesome words, even the words of our Lord Jesus Christ, and to the doctrine which accords with godliness, {4} he is proud, knowing nothing, but is obsessed with disputes and arguments over words, from which come envy, strife, reviling, evil suspicions, {5} useless wranglings of men of corrupt minds and destitute of the truth, who suppose that godliness is a means of gain. From such withdraw yourself. {6} Now godliness with contentment is great gain. {7} For we brought nothing into this world, and it is certain we can carry nothing out. {8} And having food and clothing, with these we shall be content. {9} But those who desire to be rich fall into temptation and a snare, and into many foolish and harmful lusts which drown men in destruction and perdition. {10} For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.

INTRODUCTION

A. DO NOT LOVE THE WORLD - (1 John 2:15-17) Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. {16} For all that is in the world; the lust of the flesh, the lust of the eyes, and the pride of life; is not of the Father but is of the world. {17} And the world is passing away, and the lust of it; but he who does the will of God abides forever.

B. NEITHER POVERTY NOR RICHES - (Prov 30:8) Remove falsehood and lies far from me; Give me neither poverty nor riches; Feed me with the food allotted to me;

C. CONTENTMENT WITH WAGES - (Luke 3:14) Likewise the soldiers asked him, saying, "And what shall we do?" So he said to them, "Do not intimidate anyone or accuse falsely, and be content with your wages."

D. THE OPPOSITE OF CONTENTMENT IS GREED OR COVETOUSNESS

1. (Col 3:5-6) Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. {6} Because of these things the wrath of God is coming upon the sons of disobedience,

2. (Heb 13:5) Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you."

3. (1 Tim 6:10) For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.

I. THE SOURCE OF CONTENTMENT

A. CONTENTMENT THROUGH CHRIST - (Phil 4:11-14) Not that I speak in regard to need, for I have learned in whatever state I am, to be content: {12} I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. {13} I can do all things through Christ who strengthens me. {14} Nevertheless you have done well that you shared in my distress.

B. GOD BRINGS CONTENTMENT - (Heb 13:5) Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you."

C. FEAR OF GOD BRINGS CONTENTMENT - (Prov 19:23) The fear of the LORD leads to life, And he who has it will abide in satisfaction; He will not be visited with evil.

II. CONTENTMENT IS BETTER THAN...

A. RICHES

1. (Prov 17:1) Better is a dry morsel with quietness, Than a house full of feasting with strife.

2. (Prov 15:16-17) Better is a little with the fear of the LORD, Than great treasure with trouble. {17} Better is a dinner of herbs where love is, Than a fatted calf with hatred.

3. (Psa 37:16) A little that a righteous man has Is better than the riches of many wicked.

4. (Prov 16:8) Better is a little with righteousness, Than vast revenues without justice.

5. (Eccl 4:6) Better a handful with quietness Than both hands full, together with toil and grasping for the wind.

6. (Eccl 5:12) The sleep of a laboring man is sweet, Whether he eats little or much; But the abundance of the rich will not permit him to sleep.

B. CONTENTMENT BETTER THAN WANDERING

DESIRE - (Eccl 6:7-9) All the labor of man is for his mouth, And yet the soul is not satisfied. {8} For what more has the wise man than the fool? What does the poor man have, Who knows how to walk before the living? {9} Better is the sight of the eyes than the wandering of desire. This also is vanity and grasping for the wind.

C. STRENGTH - (Prov 16:19) Better to be of a humble spirit with the lowly, Than to divide the spoil with the proud.

III. GODLINESS WITH CONTENTMENT IS GREAT GAIN

A. FOUR REASONS GODLINESS WITH CONTENTMENT IS GREAT GAIN IN 1 TIM 6

1. WE CAN'T TAKE IT WITH US - {7} For we brought nothing into this world, and it is certain we can carry nothing out.

2. NECESSITIES ARE SUFFICIENT - {8} And having food and clothing, with these we shall be content.

3. DESIRE FOR RICHES ENSNARE - {9} But those who desire to be rich fall into temptation and a snare, and into many foolish and harmful lusts which drown men in destruction and perdition.

4. LOVE OF MONEY BRINGS SORROW - {10} For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.

B. ONE WITHOUT THE OTHER IS GREAT LOSS

1. (Mat 6:24) "No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.

2. (Eccl 5:10) He who loves silver will not be satisfied with silver; Nor he who loves abundance, with increase. This also is vanity.

3. (Eccl 1) The words of the Preacher, the son of David, king in Jerusalem. {2} "Vanity of vanities," says the Preacher; "Vanity of vanities, all is vanity." {3} What profit has a man from all his labor In which he toils under the sun? {4} One generation passes away, and another generation comes; But the earth abides forever. {5} The sun also rises, and the sun goes down, And hastens to the place

where it arose. {6} The wind goes toward the south, And turns around to the north; The wind whirls about continually, And comes again on its circuit. {7} All the rivers run into the sea, Yet the sea is not full; To the place from which the rivers come, There they return again. {8} All things are full of labor; Man cannot express it. The eye is not satisfied with seeing, Nor the ear filled with hearing. {9} That which has been is what will be, That which is done is what will be done, And there is nothing new under the sun. {10} Is there anything of which it may be said, "See, this is new"? It has already been in ancient times before us. {11} There is no remembrance of former things, Nor will there be any remembrance of things that are to come By those who will come after. {12} I, the Preacher, was king over Israel in Jerusalem. {13} And I set my heart to seek and search out by wisdom concerning all that is done under heaven; this burdensome task God has given to the sons of man, by which they may be exercised. {14} I have seen all the works that are done under the sun; and indeed, all is vanity and grasping for the wind. {15} What is crooked cannot be made straight, And what is lacking cannot be numbered. {16} I communed with my heart, saying, "Look, I have attained greatness, and have gained more wisdom than all who were before me in Jerusalem. My heart has understood great wisdom and knowledge." {17} And I set my heart to know wisdom and to know madness and folly. I perceived that this also is grasping for the wind. {18} For in much wisdom is much grief, And he who increases knowledge increases sorrow.

CONCLUSION

A. GOD WANTS US TO ENJOY LIFE - (Eccl 3:12-13) I know that nothing is better for them than to rejoice, and to do good in their lives, {13} and also that every man should eat and drink and enjoy the good of all his labor; it is the gift of God.

B. FEAR GOD AND KEEP HIS COMMANDMENTS - (Eccl 12:13-14) Let us hear the conclusion of the whole matter: Fear God and keep His commandments, For this is man's all. {14} For God will bring every work into judgment, Including every secret thing, Whether good or evil.

1 Timothy

6:6

Godliness

with

contentment

is great gain.

GODLINESS WITH CONTENTMENT

INTRODUCTION

A. 1 TIMOTHY __:3-10

B. DO NOT LOVE THE _____. - 1 JOHN 2:15-17

C. NEITHER POVERTY NOR RICHES. - _____ 30:8

D. CONTENTMENT WITH _____. - LUKE 3:14

E. THE _____ OF CONTENTMENT IS GREED OR COVETOUSNESS.

1. COLOSSIANS __:5-6

2. HEBREWS 13:_____

3. 1 TIMOTHY __:10

I. THE _____ OF CONTENTMENT.

A. CONTENTMENT THROUGH _____. - PHILIPPIANS 4:11-14

B. GOD BRINGS CONTENTMENT. - HEBREWS __:5

C. FEAR OF GOD BRINGS CONTENTMENT. - _____ 19:23

II. _____ IS BETTER THAN...

A. _____.

1. PROVERBS 17:1

2. PROVERBS 15:16-17

3. PSALM 37:16

4. PROVERBS 16:8

5. ECCLESIASTES 4:6

6. ECCLESIASTES 5:12

B. WANDERING _____. - ECCLESIASTES 6:7-9

C. _____. - PROVERBS 16:19

III. GODLINESS WITH CONTENTMENT IS GREAT _____.

A. FOUR REASONS GODLINESS WITH CONTENTMENT IS GREAT GAIN IN 1 TIMOTHY ____.

1. WE CAN'T TAKE IT WITH US. - V. _____

2. NECESSITIES ARE _____. - V. 8

3. DESIRE FOR _____ ENSNARES. - V. 9

4. LOVE OF MONEY BRINGS _____. - V. 10

B. ONE WITHOUT THE OTHER IS GREAT _____.

1. _____ 6:24

2. ECCLESIASTES 5:_____

3. ECCLESIASTES __:1-18

CONCLUSION:

A. GOD WANTS US TO _____ LIFE. - ECCLESIASTES 3:12-13

B. FEAR GOD AND KEEP HIS COMMANDMENTS. - ECCLESIASTES __:13-14

1 Timothy 6:6 Godliness with contentment is great gain.			
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