

CONTENTMENT JOURNAL

➤ Describe the situation in which you are tempted to be discontent

➤ Consider the passages listed below and describe your situation ...
... in light of God's love, wisdom, and sovereignty
(Pro. 16:9; 19:21; Isa. 55:8,9; 2 Cor. 12:9,10; Ps. 119:67,71)

... in light of your sinfulness (Jas. 1:13-15; 4:1; Eph. 4:22; Isa. 53:6)

... in light of God's purposes (Gal. 5:16-18; 1 Pet. 5:10,11; Ro. 8:28,29; Jas. 1:2-4)

... in light of your responsibilities to God (Titus 2:12; 1 Jn. 2:15-17)

... in light of your responsibilities to others (1 Pet. 2:9-25; 3:8-17; Titus 2:1-10)

... in light of eternity (2 Cor. 4:16-18; Titus 2:12,13; 2 Ti. 4:6-8)

✦ Taking Thoughts Captive (Phil. 4:8; 2 Cor. 10:5)

When I am tempted to complain or murmur about my situation, I need to remind myself ...

When I am tempted to become consumed with my situation such that it interferes with God-given responsibilities, I need to remember ...

- 1) *You may want to share your answers with a spiritually mature individual (Gal. 6:1) in order to get helpful feedback.*
- 2) *Keep this list handy and review as often as needed.*
- 3) *Make sure to pray, think, and act biblically (Phil. 4:6-9). Confess and forsake any sin!*