

## HOW CAN I FIND CONTENTMENT?

(Most Asked Questions #1)

Hebrews 13:5 & Matthew 6

Contentment is something that most people are not. Discontentment seems to be everywhere, and many Christians seem to battle it as well. Why do we struggle with this?

Webster defines “contentment” as being happy with one’s lot...it’s the idea of being deeply satisfied.

There are a number of things that war against us being deeply satisfied with our life.

### TWO ENEMIES OF CONTENTMENT THAT WILL ROB YOU OF DEEP SATISFACTION IN LIFE.

If we know this, we can have victory and “be happy with our lot in life.”

#### I. **Worry: Remember The Birds And The Flowers Teach You To Trust God. (Matthew 6:25-34)**

Worry will disquiet your heart...it will rob you of contentment.

A. Jesus tells us that we are not to live for the main purpose of providing material needs. (6:25-34)

This is a false and demeaning way to live.

1. We are told 3 times in the passage to “stop worrying.” (vv 25,31,34)

Spurgeon: “food, drink, and clothes are the world’s trinity of cares.”

2. Life consists of far more than these basic needs for existence.

We are not to just live to live. Animal-like...

God intends so much more for us. We are not just bodies that need to be fed, clothed, and housed. We are to live for the glory of God.

3. Jesus’ cure: He points to two things in creation reminding us of God’s provision.

a. Birds: God cares for them. No elaborate system for food production...

You are more valuable...Worry will not add 1 hour to your life. (vv. 26-27)

b. Flowers: God beautifully clothes the flowers of the field. (v.28)

Yet they last so very short, in contrast to us. Don’t worry, God will take good care of you.

4. If you do not listen to Jesus, you will be like the ungodly ...who in their restlessness pursue such things. Don’t live this way...it will rob you of contentment in Him.

B. Jesus gives us the antidote: Live first and foremost for the Lord. (vv 33-34)

Love and serve the Lord with all your heart and He promises to care for your every need.

1. To seek first “His kingdom” is to be about the extending of God’s work in every way.

2. To seek “His righteousness” is to be like the Lord in character.

Worry produces discontentment in us as it is a lack of trust in the Lord to take care of us.

