

*thou hast been a shelter for me, and a strong tower from the enemy.” (Psalm 61:2–3)*

*“Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.” (Romans 8:26)*

*“Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.” (James 1:17)*

*“What shall we then say to these things? If God be for us, who can be against us? <sup>32</sup> He that spared not his own Son, but delivered him up for us all, **how shall he not with him also freely give us all things?**” (Romans 8:31–32)*

*“Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity. <sup>2</sup> For they shall soon be cut down like the grass, and wither as the green herb. <sup>3</sup> Trust in the LORD, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.” (Psalm 37:1–3)*

CONCLUSION \_\_\_\_\_

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# BUILD

## BELOW THE BASELINE

### LESSON 10: CONTENTMENT

#### TEXT: HEBREWS 13:5–6

*“Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee. 6 So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.” (Hebrews 13:5–6)*

#### INTRODUCTION \_\_\_\_\_

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*“Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto **a wise man, which built his house upon a rock:** <sup>25</sup> And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock. <sup>26</sup> And every one that heareth these sayings of mine, and doeth them not, shall be likened unto **a foolish man, which built his house upon the sand:** <sup>27</sup> And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it.” (Matthew 7:24–27)*

## 1. BUILD CONTENTMENT BY REJECTING

### A. In Our \_\_\_\_\_

*“Let your conversation be without covetousness...”  
(Hebrews 13:5)*

*“Thou shalt not covet thy neighbour’s house, thou shalt not covet thy neighbour’s wife, nor his manservant, nor his*

*maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's." (Exodus 20:17)*

*"Charge them that are rich in this world, that they be not highminded, **nor trust in uncertain riches, but in the living God**, who giveth us richly all things to enjoy;" (1 Timothy 6:17)*

*"Labour not to be rich: cease from thine own wisdom. <sup>5</sup> Wilt thou set thine eyes upon that which is not? for riches certainly make themselves wings; they fly away as an eagle toward heaven." (Proverbs 23:4-5)*

## B. In Our \_\_\_\_\_

*"But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition. <sup>10</sup> For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows." (1 Timothy 6:9-10)*

*"And he said unto them, Take heed, and beware of covetousness: for a man's life consisteth not in the abundance of the things which he possesseth." (Luke 12:15)*

## 2. BUILD CONTENTMENT BY REMAINING

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*"...and be content with such things as ye have..." (Hebrews 13:5)*

*"Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content." (Philippians 4:11)*

### A. Because God Has Provided in the \_\_\_\_\_

*"I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread." (Psalm 37:25)*

*"And the barrel of meal wasted not, neither did the cruse of oil fail, according to the word of the LORD, which he spake by Elijah." (1 Kings 17:16)*

### B. Because God Will Provide for Our \_\_\_\_\_

*"...for he hath said, I will never leave thee, nor forsake thee." (Hebrews 13:5)*

*"Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? <sup>31</sup> Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? <sup>32</sup> (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. <sup>33</sup> But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you." (Matthew 6:30-33)*

*"Blessed be the LORD, that hath given rest unto his people Israel, according to all that he promised: there hath not failed one word of all his good promise, which he promised by the hand of Moses his servant." (1 Kings 8:56)*

## 3. BUILD CONTENTMENT BY RENEWING

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*"Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world." (1 John 4:4)*

### A. By Remembering His \_\_\_\_\_

*"...for he hath said, I will never leave thee, nor forsake thee. <sup>6</sup> So that we may boldly say, The Lord is my helper..." (Hebrews 13:5-6)*

*"In hope of eternal life, which God, that cannot lie, promised before the world began;" (Titus 1:2)*

*"He answered and said, Lo, I see four men loose, walking in the midst of the fire, and they have no hurt; and the form of the fourth is like the Son of God." (Daniel 3:25)*

*"Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest." (Joshua 1:9)*

### B. By Remembering His \_\_\_\_\_

*"...and I will not fear what man shall do unto me." (Hebrews 13:6)*

*"From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I. <sup>3</sup> For*