

THE ART OF CONTENTMENT

Staying Satisfied In Jesus



Part 3: The Relationships You Need

Discussion Questions:

Make a list of the elements of a healthy relationship that could apply to every kind of relationship. Why are these elements important to you?

Make a list of the elements of an Unhealthy relationship that could apply to every kind of relationship. Why are these elements important to avoid?

The roots of discontentment:

Deception – I can believe lies about my situation

Comparison – What someone else has is better than what I have

Desire – What I don't have looks too good to pass up

Corrupted expectations – I deserve something I don't have

Misunderstood value – I don't see the good in what I already have

Stubborn entitlement – I must be given something no matter what

The relational tension found in Scripture:

Humans are _____ to be in relationships with others (Genesis 2:18) &

Human relationships can often become _____ (Proverbs 29:25)

Discontent in relationships is often caused by _____.

Codependency is a pattern in relationships where a person relies too heavily on another for their sense of identity, worth, or emotional stability. Codependent people neglect their own needs, boundaries, and spiritual health to be content at any given moment.

Contentment and codependency in relationships are opposites in many ways:

Contentment

Identity rooted in God

Emotional stability in Christ

Gives out of fullness

Has healthy boundaries

Trusts God for needs

Codependency

Identity rooted in others

Emotional instability based on others

Gives out of emptiness

Lacks boundaries

Demands others meet needs

Ideas to ponder:

Godly healthy relationships should lead to increased _____
(Ephesians 5:1-21, Hebrews 10:24-25)

Setting boundaries between yourself and unhealthy people/things is not _____
(2 Thessalonians 3:14, 1 Timothy 4:7-8, 2 Timothy 2:23, Titus 3:10, 1 John 2:15-17)

When my contentment comes from Jesus, all other relationships don't hold as much
_____ to cause discontentment (Psalm 62).

Contentment in relationships happens when we commit to being:

_____ on God (Mark 12:29-31)

_____ from the world (James 4:1-10)

_____ on each other (Romans 12:9-21, Galatians 6:1-5)

Three relational tensions to consider:

_____ (Exodus 20:12, Ephesians 6:1-4, Matthew 10:34-39)

_____ (Proverbs 17:17 & 27:17, Philippians 2:1-4, James 3:13-16)

_____ (Genesis 2:18, 1 Corinthians 6-7, Hebrews 13:1-5)

For further study, consider the dynamics of these relationships we find in Scripture:

David and Jonathan (1 Samuel 18-20)

Paul and Barnabas (Acts 13-15)

Paul and Peter (Galatians 2)

Jesus and Peter (John 18-21)