

REDEEMER'S GRACE CHURCH

KAINOS WOMEN'S MINISTRY

Contentment

SATISFYING THE LONGING SOUL

Psalm 107:9



Women's Fall Event

WOMEN'S FALL EVENT 2020
OFFICIAL NOTEBOOK

Table of Contents

Schedule	1
Activities Instructions	2-3
Session 1	
Session 1: Handout	4-5
Session 1: Discussion Questions	6
Session 1: Notes	7
Session 2	
Session 2: Handout	8
Session 2: Discussion Questions	9
Session 2: Notes	10
Devotional	11
Session 3	
Session 3: Handout	12
Session 3: Discussion Questions	13
Session 3: Notes	14
Session 4	
Session 4: Handout	15-16
Session 4: Discussion Questions	17
Session 4: Notes	18
Upcoming Events	19-21

Schedule

Friday, November 13

7:00 pm - 10:00 pm PST

Session 1: Contentment in God | Kayleen Amimoto

Saturday, November 14

9:00 am - 12:00 pm PST

Session 2: Hindrances to Contentment | Alisa Ide

Saturday, November 14

7:00 pm - 10:00 pm PST

Session 3: Eternity in Contentment | Michelle Fung

Sunday, November 15

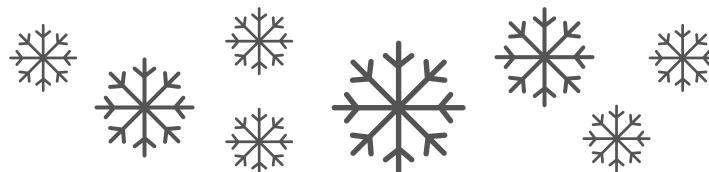
3:00 pm - 6:00 pm PST

Session 4: Contentment in the Daily Life | Judy Shyu

Activities Instructions

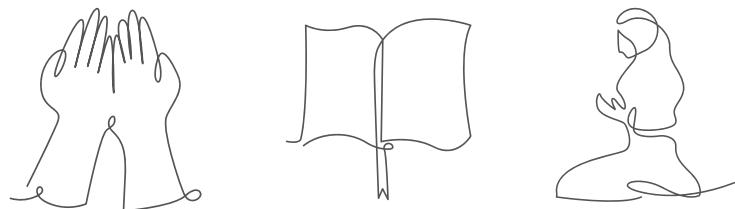
Icebreaker Activity (30 minutes)

- In your groups, first go around and introduce yourselves - who you are, what you do, and one thing you are excited for this event.
- Next, collectively think of the most uncommon commonality among everyone in the group.
- When time is up, return to the main meeting room and vote for the top 2 most uncommon commonalities.



Prayer Activity (30 minutes)

- Each person shares ONE specific prayer request regarding how you want to grow in contentment or apply the lessons you have heard.
- Spend the rest of time praying for each other as a group.



Activities Instructions

Fill in the blanks: Hangman with a Twist (20 minutes)

- As a group, try to figure out the mystery phrase in the shortest amount of time by guessing each of the letters that make up the phrase!
- Each person in the group will take turns guessing one letter they think is in the phrase.
- If someone guesses an incorrect letter, your group will get a strike. If you get 7 strikes, your team is out.
 - This means that your team can only guess incorrectly 7 times. So, if you get 8 incorrect guesses, your team is disqualified and won't be able to win points for this activity.
 - However, still go on and keep guessing letters to finish filling in the rest of the blanks until the time is up!
- Your team has to guess each letter even if you know what the rest of the phrase is. You must still go around and guess each of the letters that are in the phrase.



Dictionarium Activity (15 minutes)

- You will be given a random fictional word related to the topic of contentment.
- With that word, your team will make up a definition for the word.
- Then your team will create a sentence containing that word.
- When time is up, return to the main meeting room and vote for your top 2 favorite sentences.



Note: The group with the most points at the end of the weekend will win a great prize!

Session 1: Handout

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Contentment in God

Contentment is: to _____, to _____, to _____.

When we _____ in God's character and are _____ in who God is, we are able to live _____.

Contentment is _____.

When we choose to not be content, it diminishes _____.

Contentment is a _____.

When we cannot find contentment, it proves to us that our _____ is wrong.

3 Attributes of God that Help Us Find Contentment

1.
Psalm 23

2.
Isaiah 55:8-9, Romans 11:33

3.
Romans 8:28

Session 1: Handout

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WOMEN'S FALL EVENT 2020

Contentment in God

"God sees, in his infinite wisdom, the same condition is not best for all; that which is good for one, may be bad for another. One season of weather will not serve all men's occasions, one needs sunshine, another rain. One condition of life will not fit every man, no more than one suit of apparel will fit every body. Prosperity is not fit for all, nor is adversity fit for all. If one man be brought low, perhaps he can bear it better; he has a greater stock of grace, more faith and patience; he can "gather grapes from thorns", pick some comfort out of the cross. Everyone cannot do this. Another man is seated in an eminent place of dignity; he is fitter for it; perhaps it is a place which requires more wisdom, which everyone is not capable of; perhaps he can use his estate better, he has a public heart as well as a public place. The wise God sees that condition to be bad for one, which is good for another; hence it is, that he places men in different orbs and spheres; some higher, some lower. One man desires health, God sees sickness is better for him; God will work spiritual health out of physical sickness, by bringing the body of death, into a consumption. Another man desires liberty, God sees bondage to be better for him; he will work his liberty by bondage; when his feet are bound, his heart shall be most enlarged. Did we believe this, it would give a check to the sinful disputes and cavils of our hearts: "Shall I be discontented at that which is enacted by God's decree, and ordered by His wise providence?" Is this to be God's child—or a rebel?"

- Pg. 12 from *The Art of Divine Contentment* by Thomas Watson



Child of Heaven, can you repine
When you were made by His design?
Though merely dust, of earthly frame,
Called child of God, by His great Name.

Child of Heaven, can you repine
When God Himself claims, 'You are Mine!'
Once bound to Satan, kith and kin,
Yet Christ has beckoned, 'Enter in'.

Child of Heaven, can you repine
When all the love of God is thine?
Despite your wrong, even your right,
You stand no different in His sight.

Child of Heaven, can you repine
When trials' assaults serve to refine?
Yes, life is filled with pain to face,
Yet not of wrath, and all of grace! So Child of Heaven, can you repine?
No, Lord, so gracious and benign.
When through our Christ, all loss is gain,
We have no reason to complain!

Session 1: Discussion Questions

1. How has God been good to you in the past week? How have you seen God's omniscience and dominion in your life this past week?
 2. Name something you are currently struggling to be content in. Do you think about God's character in your situation? Why or why not? What does it say about your view of God?
 3. How can these three aspects of God's character help you to find contentment in that particular situation? What will you practically do this week to find contentment in God?

Session 1: Notes

Notes:

Applications:

Session 2: Handout

WOMEN'S FALL EVENT 2020

leftrightarrow Hindrances to Contentment

I. Wrong _____

Resulting emotions:

Right _____:

"The believer is in spiritual danger if he allows himself to go for any length of time without tasting the love of Christ and savoring the felt comforts of a Saviour's presence. When Christ ceases to fill the heart with satisfaction, our souls will go in silent search of other lovers"
-Maurice Roberts, *The Thought of God*

II. Wrong _____

Resulting emotions:

Right _____:

III. Wrong _____

Resulting emotions:

Right _____:

Session 2: Discussion Questions

1. Identify your desires, expectations, and hopes. When do you find yourself thinking, 'I want,' 'I deserve,' or 'If only'? Be honest and specific.
 2. How often do you feel depressed/despair, embittered, or envious? What does this reveal about your discontented heart? How can you turn those emotions toward joy, love, and compassion?
 3. Choose one of the three correct desires, expectations, and hopes to focus on this upcoming week. Utilize your group to remind each other of the contentment your soul can have with that focus!

Session 2: Notes

Notes:

Applications:

Devotional

Notes:

Applications:

Session 3: Handout



WE ARE BLESSED WITH: _____
(EPHESIANS 1:3)

RICHES

FAMILY AND FRIENDS

PLEASURE

SECURITY

ENTERTAINMENT

HEART CHECK

HOW OFTEN DO I THINK ABOUT HEAVEN?

ON A SCALE OF 1-10, (1 = DON'T CARE, 10 = TAKE ME NOW, LORD!) HOW MUCH DO I REALLY LONG FOR HEAVEN?

.....
WHAT ASTOUNDS ME ABOUT THE BLESSINGS OF ETERNITY THAT WE ENJOY NOW AND THAT AWAIT US?

WHAT SATISFACTIONS OF ETERNITY WILL I THINK ABOUT & LONG FOR EVERY DAY TO COMBAT DISCONTENTMENT?

ETERNITY PRESENT

HONOR

Session 3: Discussion Questions

1. What astounds you about the blessings that we have now and that await us?
 2. List what you have been discontent about this past week. What satisfactions of eternity will you think about and long for every day to combat these and any future discontentments?

Session 3: Notes

Notes:

Applications:

Session 4: Handout

Redeemer's Grace Church | Kainos Women's Ministry | Women's Fall Event 2020

CONTENTMENT IN DAILY LIFE

PHILIPPIANS 4:11-14

Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me. Nevertheless, you have done well to share with me in my affliction.

How Can We Be Content?

How was Paul able to be content in all circumstances?

A. Understand _____

B. Be _____

C. Be _____

What can we continue to do?

A. Give _____

B. Be _____

C. Pray _____

D. Find _____

Session 4: Handout

MORNING

AFTERNOON

EVENING

NIGHT

Application Questions:

Session 4: Discussion Questions

1. Of the seven practical ways we discussed in how we can grow in contentment, which TWO do you think you struggle with the most? Why? What tangible things can you do to grow in those areas this coming week and year?
2. On Friday and Saturday you shared about areas in your life that you are discontent. How has contentment in those areas been in the last few days?
3. How can you discern whether you are growing in contentment? What are fruits in your life that are marks of contentment? Where do you still see bad fruits of discontentment in your life?

Session 4: Notes

Notes:

Applications:

Upcoming Events



Redeemer's Grace Church
Kainos Women's Ministry
Women of Gold

A Woman of Unwavering Integrity

Judy

Sewing Basics by Sabrina W.

December 12
9am-12pm
Virtual

Contact Jessica U.
or visit rgcsd.com/women-of-gold/

Upcoming Events

REDEEMER'S GRACE CHURCH KAINOS WOMEN'S MINISTRY

C O R N E R S T O N E

SECURITY

Joy in the Midst of Failure



HOW DO WE FIND TRUE SECURITY AND WORTH?

WHEN WE FAIL, HOW DO WE NOT LET LET IT ROB OUR JOY?

SPEAKER
Charissa

January 9, 2021
6PM-10PM

CONTACT
Judy

Visit www.rgcsd.com/cornerstone for more information

Upcoming Events

REDEEMER'S GRACE CHURCH
WOMEN'S
CONFERENCE

*emotions
a biblical
view*

APR 9-11, 2021

LOCATION: VIRTUAL
ECCLESIASTES 3:1-8

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FOR INFO, CONTACT ALISA OR WOMEN@RGCS.D.COM



FOR MORE INFORMATION,
CONTACT US AT
WOMEN@RGSCD.COM

YOU CAN ALSO
VISIT OUR WEBSITE AT:
RGCS.D.COM/KAINOS-WOMEN

CHECK OUT OUR
YOUTUBE CHANNEL:
"CAPTIVATED BY HIM"

Captivated
by HIM

JOIN US FOR SUNDAY WORSHIP AT 9:00 AM
3219 CLAIREMONT MESA BLVD. SAN DIEGO, CA 92117