

Big Idea

Satan wants to destroy our life by destroying our contentment. The enemy loves for us to get caught in the trap of comparison, but comparison leads to discontentment and grumbling. But Jesus came so that we can live joyfully and with God's help, we can choose to be grateful for the life we have. To live a life of appreciation we must change our mindset. A cheerful heart has a continual feast! Through the power of God, we can choose to be happy with what we have.

4 Areas the enemy wants to create discontentment:

- Material/Financial discontentment
- Relational discontentment
- Circumstantial discontentment
- Spiritual discontentment (unhealthy when you feel God doesn't hear, answer or care)

Scripture

- The thief comes only to steal, kill and destroy. John 10:10
- I have learned to be content whatever the circumstances. I know what it's like to be in need and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether we are fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength." Philippians 4:11-13
- It's better to have or do a little, with peace of mind, than be busy all the time...Ecclesiastes 4:6

Discussion Questions

- How did God speak to you through this message?
- Do you often think or say "if I just had more _____ than I would be happy..."
- Share what you're grateful for: materially, relationally, circumstantially & spiritually.

Prayer Focus

Thank you, Father for loving and saving me. Forgive me for ungratefulness. Help me to see the many blessings you have given me and teach me to be content, in Jesus' name – amen.

Next Steps

Make the decision to choose joy and to live a grateful life! Thank God this week for the big and the small things that you are thankful for.

Leader Tip

Encourage transparency by sharing a time in your life that you did/didn't choose joy, and how did it impact your situation. Generate discussion shifting the focus on what you have to be thankful for.