



"Contentment" Study Guide

Sermon Recap

Pastor Steve Salomon's sermon "Contentment" focuses on finding true contentment in life, not through external achievements or possessions, but through Christ's presence. He highlights the constant pressure in our culture to do more and achieve more and the illusion that external things will bring contentment. Pastor Steve emphasizes the importance of being true to oneself and finding peace within rather than seeking validation externally. The sermon inspires gratitude, simplicity, and self-acceptance as keys to experiencing genuine contentment in life.

Ice Breaker

If you had a personalized license plate, what would it say and why?

Discussion Questions

How does the story of Adam and Eve relate to our constant desire for more?

- Pastor Steve used Genesis chapter three to illustrate the illusion of always desiring something just out of reach and its power over our lives.
- In what areas of your life do you struggle with the desire for more, and how can you find contentment amidst these desires?

What does John 14:27 teach us about finding peace and contentment?

- Pastor Steve quotes Jesus in John 14:27, explaining that Jesus gives peace unlike the world and that true contentment is found in Christ's presence.
- How have you experienced Christ's peace in your life, and how can you lean on that peace during times of discontentment?

How can Psalm 23 and the 'Life Without Lack' concept help us find contentment in our current circumstances?

- Pastor Steve shared insights from Dallas Willard's book 'Life Without Lack' which emphasizes finding contentment in our current situations and simplifying our lives.
- What aspects of your life could be simplified to achieve greater contentment, and how can you actively practice gratitude for what you already have?

Why is it important to resist the pressure of comparing ourselves to others, and how can we embrace our true selves?

- Pastor Steve shared his struggle with comparison and self-acceptance and discussed John 4, highlighting that God seeks those who worship Him as their true selves.
- In what ways have you compared yourself to others, and how can you remind yourself that God loves you for who you are, not who you think you should be?

What practical steps can we take to experience contentment and peace?

- Throughout the sermon, Pastor Steve discussed embracing our true selves, simplifying our lives, recognizing Christ's presence, and being grateful for what we have.
- How can you apply one or more of these principles to your everyday life and foster a more profound sense of contentment and peace?

Scripture References

- Genesis 3:6
- John 14:27
- Romans 8:11
- Psalm 23:1
- 2 Corinthians 3:17
- Philippians 4:12-13

Next Steps

- I will spend a few minutes daily meditating on Psalm 23 to remind myself of God's provision and peace.
- I will start a gratitude journal to regularly acknowledge and give thanks for the blessings and contentment I already have in my life.
- I will identify and eliminate one area of excess or unnecessary striving to focus more on inner contentment.
- I will commit to being my true self in my interactions and relationships, trusting that God loves and accepts me as I am.
- I will set aside dedicated time each day for prayer and reflection to deepen my awareness of Christ's presence and peace within me.