

Contentment in Challenging Times

1. In what areas do you struggle with contentment? Why?

- Work
- Children
- Church
- Image
- Finances
- Health Other
- Marriage
- Friendships
- Parents/Siblings
- Personal Ministry
- Excitement/Adventure
- Status/Success
- Possessions (House, Car, Clothing...)

2. Are there areas you may need to lament (losses, hurts, betrayals, injustices, etc.) in your journey of “learning” to be content?

Lament – (verb) to express sorrow, mourning, or regret for, often demonstratively. A lament usually involves crying out to God, voicing a complaint, asking for help, and responding in trust and praise.

The Psalms and Lamentations are great places to find prayers of lament. (ex. Psalms 57, 13, 25, 31, 57, 86)

3. Identify idols in your life, things that hinder you from spending time with the Lord and in His Word. What things, people, positions, relationships, etc., are you trusting in and focusing on instead of trusting Jesus?