

SEASON 3



Truth with Handles

the conversation

REFLECTION GUIDE

Episode 3: Finding Contentment



walking with purpose

Episode 3: Finding Contentment

What is the balance between wanting more in life, or wanting to progress, and being content with what you have? We tend to tell ourselves, "I will finally be happy when..." Everywhere we look, someone is telling us how to be happy. We are told that Jesus is supposed to be more than enough for us. We want to believe it, but often it doesn't feel that way and doesn't inform our behavior. So today, we will define contentment, discuss the barriers to contentment, and discover how to be content.

Key Verse: "Not that I complain of want; for I have learned, in whatever state I am, to be content. I know how to be abased, and I know how to abound; in any and all circumstances I have learned the secret of facing plenty and hunger, abundance and want. I can do all things in him who strengthens me" (Philippians 4:11-13).

1. Do you consider yourself to be someone who is content with your circumstances? If so, why? If not, what do you feel like you are missing in your life? What is the thing that will finally make you content?
2. Think of something you think you need in your life. Is it actually a need, or is it a want?

Contentment is a _____.

3. Happiness is _____. The word happiness is based on the word _____, which is _____.

What is something that you chased that you thought would finally make you happy? Did it? For how long?

4. Dr. David Jeremiah: "If you're not content in _____, the contentment you think you feel in other circumstances is not contentment but simply _____."¹

Write about your circumstances. Whether they are mostly good or mostly bad right now, list some things below that are going well even in the midst of those circumstances.

Contentment is _____. But we chase things that are _____.

5. Advertisements don't sell a product; they sell _____.

¹ Dr. David Jeremiah, "Contentment-When Enough is Enough," One Place. <https://www.oneplace.com/ministries/turning-point/read/articles/contentment-when-enough-is-enough-13954.html>

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How much do you use social media? Do you find that you feel less content after you spend time on social media? Write about it here.

6. "I have my room, some books, and a nearby chapel. That is complete happiness." —St. Miguel of Ecuador

Two ways to seek contentment are _____, and _____.

What are some ways that you can learn to be content in your daily life?

7. "Take, Lord, receive all my liberty, my memory, my understanding, my whole will, all that I have and all that I possess. You gave it all to me, Lord; I give it all back to you. Do with it as you will, according to your good pleasure. Give me your love and your grace; for with this, I have all that I need." —Prayer of St. Ignatius of Loyola

"All things that can lead us to discontent are actually opportunities to experience freedom. We aren't promised that we'll be free of suffering and pain, but right in the middle of those difficult circumstances, **God is** offering us the opportunity to be freed from the desire for human approval, the attitude of entitlement that says, 'I deserve,' the urge to be right, the longing to be in control, the grip of fear, the pit of self-pity. We don't have to wait until heaven to experience true freedom. It's an offer to us today."

—Lisa Brenninkmeyer, *Keeping in Balance*.

Notes:

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