

OVERCOMING

Hurts, Habits and Hang-Ups That Hold Us Back

Lesson Two • Jeremiah 29:1-11

Overcoming Discontentment

Five Signs That Discontentment Is Holding You Back:

- ENVY: the inability to rejoice at the success of others.
- Uncontrolled AMBITION: the desire to win at all costs, no matter what it takes or who gets hurt in the process.
- CRITICAL Spirit: the tendency to make negative, hurtful, cutting remarks about others.
- COMPLAINING Spirit: the disposition to make excuses and to blame others or bad circumstances for your problems; a refusal to take personal responsibility; inability to be thankful for what you already have.
- Outbursts of ANGER: angry words spoken because our expectations were not met.

Jeremiah's Advice for Overcoming Discontentment:

1. You Are Where You Are Because GOD Wants You There!

"Thus says the Lord of hosts, the God of Israel, to all who were carried away captive, whom I have caused to be carried away from Jerusalem to Babylon:" Jeremiah 29:4

2. You Are Called to MAKE THE MOST of Your Present Circumstances!

"Build houses and dwell in them; plant gardens and eat their fruit. Take wives and beget sons and daughters; and take wives for your sons and give your daughters to husbands, so that they may bear sons and daughters—that you may be increased there, and not diminished. And seek the peace of the city where I have caused you to be carried away captive, and pray to the Lord for it; for in its peace you will have peace." Jeremiah 29:5-7

The Apostle Paul's Advice on Contentment:

- Contentment is LEARNED.

"I am not saying this because I am in need, for I have learned to be content...I have learned the secret of being content..." Philippians 4:11-12 NIV

- Contentment doesn't DEPEND on circumstances.

"For I have learned to be content whatever the circumstances. I know what it is 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 well fed or hungry, whether living in plenty or in want." Philippians 4:11-12 NIV

- Contentment draws STRENGTH from God.

"I can do all things through Christ who strengthens me." Philippians 4:13

3. You Must Come to Grips with REALITY!

"For thus says the Lord: After seventy years are completed at Babylon, I will visit you and perform My good word toward you, and cause you to return to this place. For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope." Jeremiah 29:10-11

The Secret of Living in Contentment:

Christ must be the CENTER of your life or else the circumference will never satisfy!