

Big Idea: Contentment comes from God's _____ not His _____.

Passage: Psalm 131

3 Steps to Contentment in God

1. Kill _____ (v. 1)

2. _____ to _____ and _____ your soul (v. 2)

3. _____ others into your _____ (v. 3)

Next Steps:

1. Identify the area(s) in your life that you feel most self-sufficient and unneeded of God.

Then begin _____ it through _____.

2. Create time each day this week to _____ and _____ your soul.

3. _____ someone into your _____ by telling them of your hope in God.

Discussion Questions:

-Slowly read through Psalm 131 a few times. Use multiple translations if you'd like.

-When do you typically feel most content? (When everything is going well, when money is in the bank, health is strong, etc.)

-Why do we tend to feel most content when our material/physical needs are met? How can that be dangerous to our spiritual well-being? (Read 2 Cor. 12:7-10)

-Read: Phil. 4:11-13, Hebrews 13:5-6

How do these verses help us combat discontentment?

-Why is killing pride at all three levels (heart, eyes, and the way we conduct ourselves in life) so important? Have you done Next Step 1? Explain.

-What are some practices you've developed over time that help you calm and quiet your soul? How has that strengthened your relationship with God? (Matt. 14:23, Mark 1:35, Luke 5:16)

-Looking back on your life, can you recall a situation or trial that you went through that God used to wean you from something (or someone)? Describe what that was like.

-Why is it so hard to invite others into our experience of hope in Jesus? If we really believe that we have such good news to share, why is it such a struggle to share it? Have you done Next Step 3? Explain.

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