

# Flourishing in the Workplace – Part 1 Contentment

## Psalm 131

My heart is not proud, Lord, my eyes are not haughty;  
I do not concern myself with great matters or things too wonderful for me.  
But I have calmed and quieted myself, I am like a weaned child with its mother;  
like a weaned child I am content.

Israel, put your hope in the Lord both now and forevermore.

## Prov 19:23

The fear of the Lord leads to life; then one rests content, untouched by trouble.

## Phil 4:11-13

I am not saying this because I am in need, 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. I can do all this through him who gives me strength.

## 1 Tim 6:6-8

But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that.

## Matt 6:25-34

<sup>25</sup> “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? <sup>26</sup> Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? <sup>27</sup> Can any one of you by worrying add a single hour to your life?

<sup>28</sup> “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? <sup>31</sup> So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

## Matt 11:29

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

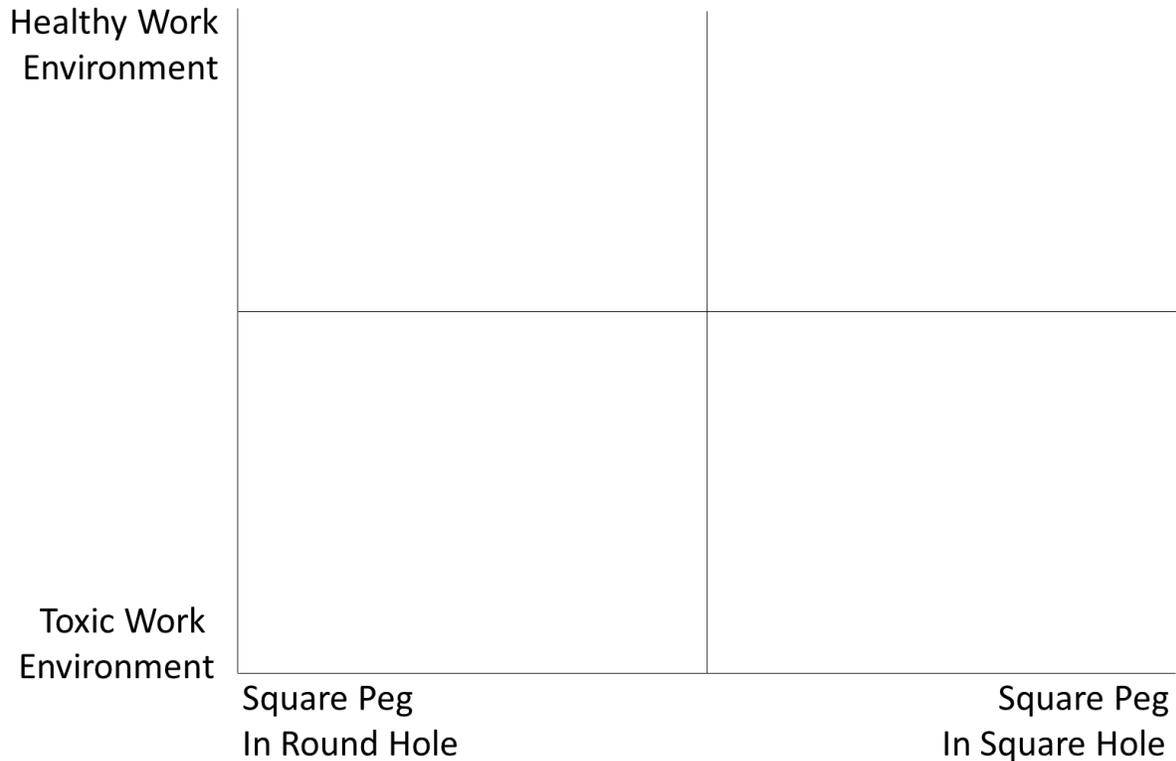
## See Also

Ps 16:6; 37; Pr 14:10,14; 15:13,15,30; 16:8; 17:1,22; 30:8; Ec 2:24; 3:12,13; 4:6; 5:12; 6:7-9; 8:15; 9:7-9; Hab 3:17-18; Lu 3:14; 1Co 7:17-24; Ga 5:26;; 1Ti 6:6-8; Heb 13:5

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## Study Questions:

- 1) What if God's only gift to you were to save you? Would you be content?
- 2) What is contentment?
- 3) In our work we can feel like we are a square peg in a square hole or a square peg in a round hole. We can work in health environment or a toxic environment.



- a) In which quadrant would you describe your work situation today?
- b) How have you seen discontentment rear its ugly head in each of these quadrants?
- c) What does it mean to be content in each quadrant?

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- 4) Paul says in Phil 4:11-13 “I have learned to be content.” Contentment didn’t come naturally to Paul. Contentment came through many prayers, rejoicing and tears. Contentment was taught by the Holy Spirit.
  - a) Why is it worth learning to be content?
  - b) How do we learn to be content?
- 5) How does contentment help us?

## Summary

- 6) Contentment is not being passive
  - a) Contentment strives for more grace
  - b) Contentment strives for more conformity to Christ
  - c) Contentment strives for more communion with Christ.
  - d) Contentment strives to bear the fruit of the Spirit.
  - e) Contentment strives to be the person God created you to be where God placed you.
  - f) Contentment desires to experience God in all his fullness
  - g) Contentment desires to seek first God’s Kingdom and God’s righteousness
  - h) Contentment sets you free to abundantly and compassionately care for others

## Application

- 7) Contentment flourishes when you are growing in faith, hope and love in community with other people.

Share with a partner one thing that is keeping you from being content today in your job.

- a) How can you respond in a way that honors God or brings glory to God?
- b) Commit to pray for each other this week

## Next Week – God, Our Father