



Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

Matthew 5:3-12

# **How to Have Contentment**

Pastor Allen Swayze

#### You Don't Find Satisfaction

1.	The B	ible	teaches	us that	t we	don't	find l	lasting	satisfa	ction
in	1	Pl	easure							

#### Ecclesiastes 1:8 (NIV)

All things are wearisome, more than one can say. The eye never has enough of seeing, nor the ear its fill of hearing.

# 2. The Bible teaches us that we don't find lasting satisfaction

in Performance.

#### Ecclesiastes 2:21-23 (NIV)

For a person may labor with wisdom, knowledge and skill, and then they must leave all they own to another who has not toiled for it. This too is meaningless and a great misfortune. What do people get for all the toil and anxious striving with which they labor under the sun? All their days their work is grief and pain; even at night their minds do not rest. This too is meaningless.

# 3. The Bible teaches us that we don't find lasting satisfaction

in Possessions

# Ecclesiastes 5:10 (NIV)

Whoever loves money never has enough; whoever loves wealth is never satisfied with their income. This too is meaningless.

# Psalm 37:4 (NIV)

Take delight in the Lord, and he will give you the desires of your heart.

# What does Jesus teach us about our satisfaction in Life?

# 1. The Bible instructs me to

Recognize My Real Hunger

#### 2. The Bible instructs me to

Stop Eating Spiritual Junk Food

#### Isaiah 55:2 (NIV)

Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare.

#### 3. The Bible instructs me to

Start Looking to Christ

#### John 8:35 (NIV)

Now a slave has no permanent place in the family, but a son belongs to it forever.

# John 8:51 (NIV)

Very truly I tell you, whoever obeys my word will never see death.

#### DAILY S.O.A.P.

Scripture / Observation / Application / Prayer

Day 1: Luke 6:21

Day 2: Psalm 103:2-5

Day 3: Romans 13:13-14

Day 4: Psalm 90:14

Day 5: Psalm 107:8-9

# This Week's Meditation

1 Timothy 6:6-10

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. Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.

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