



GracePoint: A Weekly Sermon Discussion  
12 – Contentment Revisited

Announcements:

4/10 @7:30 -

*Prayer*

4/11 @6:30 -

*Grace Group*

4/14 @8:30 -

*Sunday School*

4/14 @6:00 -

*Family Night*

**SMALL GROUP**

**ICE BREAKER:** Can you think of a time that you were content?

**READ:** Ecclesiastes 6:1-6

On Sunday we noted that contentment was understanding that all we have, in all times, in every way, comes from the hand of God. He is the one who upholds us, who sustains us. James teaches us that “every good and perfect gift” comes from him. And that is where we find contentment. But today I would like us to dive into what that looks like in its practical working out. And in the passage we just read there are three different ways that contentment can be described that are worth our time and attention today.

The first thing that we see comes in verses 1 and 2. There a man has all that he could ever want but one thing is painfully missing: enjoyment. “Yet God does not give him the power to enjoy them.” So part of being content comes in enjoying what God has given to us. It is right that we should enjoy the pleasures that God has given us: laughter and a good time, rest and time with family, a house or whatever it is. These are not wrong to enjoy. In fact, we should enjoy them knowing that the fact that we *can* find enjoyment is itself a gift from God. The tragedy of the person in verses 1 and 2 is that they have all this stuff but for whatever reason God does not allow them to enjoy it. So we should find enjoyment in all the things God chooses to give us for as long as God allows us to enjoy them. We are not called to live poor and destitute lives filled with nothing but sorrow and need, rather we can find enjoyment in the gifts that come from the hand of God.

**DISCUSS:** What is the balance here? In other words, how can we make sure that we find enjoyment without idolizing these things, or having the enjoyment become sinful?

The next thought is that contentment comes in being “satisfied” (verse 3). Because this man is not satisfied Solomon says that it would have been better for him to never live! That is a strong statement. Here is where we can begin to find the boundaries in enjoying from above. I can enjoy as long as I am content and that enjoyment does not lead to wanting more and more and more. In a silly example, if you find enjoyment in the 15 minute nap God gives you, don't be jealous for a 30 minute one. In a more serious example. Find enjoyment and satisfaction in the roof that God places over your head not being jealous of the house your neighbor lives in. In the most serious example: Find enjoyment and be satisfied with the family that God gives you, not comparing or wishing that it was different.

**DISCUSS:** Why is being satisfied with what God has given us so important? Why is this the key to life here “under the sun”?

But the final thing that Solomon talks about is rest. In verse 5 the reason for the man's life being worse than one who never got the chance is given: he cannot find rest. Here is the full thought of contentment: It is finding enjoyment in all that God gives and being satisfied in whatever that is because in being satisfied we find rest. There is much starving after the wind when we seek to have more. And days filled with toil for others to enjoy means that I will be unsatisfied and troubled in my sleep. But if I rest (in all that rest means!) then I find peace. And this is the true weight of contentment!

**DISCUSS:** What does rest look like? Why is rest so important? Why is rest so hard to find?