

Character Trait for January is Contentment

Philippians 1:9-10, "And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ"

CHARACTER: the qualities built into an individual's life that determine their responses, regardless of circumstances.

Contentment: Realizing that true happiness does not depend on material conditions.

Derivation: **contentment**-happy enough with what one has or is; not desiring something more or different; satisfied. From the Latin verb continere meaning "to hold together; bind; limit; enclose; surround.

Weekly Verse: 1 Timothy 6:6 "But godliness with contentment is great gain."

Bible Story: Paul describes his contentment in Philippians 4:10-13.

Quote: "Contentment makes poor men rich. Discontent makes rich men poor."

Application:

To practice contentment I will:

- be thankful for what I do have
- not complain about what I don't have
- not always ask for "one more"
- value people above things
- want less and give more

Grandma Moses said it best – "Life is what we make it. Always has been, always will be." Looking for contentment in the wrong places causes us to be dissatisfied with our family, our friends, our work, our abilities and our possessions. Contentment goes beyond just a cheerful reaction by requiring us to cultivate those relationships that bring contentment rather than acquiring more "stuff". This month, look to your relationships and what you already have to find contentment.

Discussion Questions:

On a scale of 1 to 10, how content with your life do you think you are?

What is one way that you can practice contentment every day this week?