

# SERMON APPLICATION GUIDE

## ENOUGH: FINDING CONTENTMENT IN THE LAND OF MORE

### Psalm 139:1–18

#### DISCUSSION 1: WEEK 2 REVIEW

1. In week two, Chris mentioned a few myths of discontentment.
  - I could be content if my circumstances were different.
  - I could be content if I had fewer trials or hardships.
  - I can be content if I just suppress desire and wants.
  - Contentment is about having less stuff.

Which of these myths are you tempted to believe the most when it comes to misunderstanding what contentment is and how to pursue it?
2. Read Philippians 4:11. How do we “learn contentment?” What are some things we can intentionally do to grow in learning to be content?

#### DISCUSSION 2: THIEVES OF CONTENTMENT

1. Which of these do you struggle with the most? Why?
  - Covetousness (Luke 12:13-21)
  - Envy (1 Peter 2:1)
  - Greed (Psalm 10:3)
  - Pride (1 John 2:16)
2. How does the comparison trap make each of these more tempting for you?
3. When you find yourself struggling with comparison and coveting, what kind of questions can you ask yourself to get to the heart of the issue or what you really want?
4. What is one truth or promise you to rehearse, or one action step you need to take, to find these thieves of discontentment this week?

#### DISCUSSION 3: SOURCE OF CONTENTMENT

1. Read Psalm 139:1-6. How does God’s **divine knowledge**, or his complete knowledge of all things (omniscience), help us rest in him or find contentment in him? How might you connect our discontentment with a failure to believe in or trust in God’s wisdom and knowledge?
2. Read Psalm 139:7-12. How does God’s **all-encompassing presence** (omnipresence), help us rest in him or find contentment in him? How might you connect our discontentment with a failure to believe in or trust in God’s presence?
3. Read Psalm 139:13-18. How does God’s **active providence** (sovereignty), help us rest in him or find contentment in him? How might you connect our discontentment with a failure to believe in or trust in God’s providence or sovereignty?

#### FOR FURTHER STUDY

- [Pennington Park Church Advent Guide](#)

- Recommended Book for the Series: [Chasing Contentment](#) by Erik Raymond. Read a short summary of a recommendation for it at [penningtonpark.com/resources](http://penningtonpark.com/resources), "[Featured Book for the Advent Season](#)."
- Recommended books for a bigger view of God. See the two books at the Resources Wall, *Concise Theology* by J. I. Packer and *None Like Him* by Jen Wilkin.
- "[Are You Discontent?](#)" by Erik Raymond at [thegospelcoalition.org](http://thegospelcoalition.org) and "[Help! I Find Myself Perpetually Discontent](#)" at [crossway.org](http://crossway.org)
- "[Ingratitude Leading to Idolatry](#)" by Dustin Crowe at [indycrowe.com](http://indycrowe.com)
- "[Contentment Isn't Passive](#)" by Megan Hill at [ftc.co](http://ftc.co)
- "[Lay Aside the Weight of Discontentment](#)" by Jon Bloom at [desiringgod.org](http://desiringgod.org)
- "[Let's Talk: Battling Discontentment](#)" podcast at [thegospelcoalition.org](http://thegospelcoalition.org)
- [The Rare Jewel of Christian Contentment](#) by Jeremiah Burroughs; [The Power of Christian Contentment](#) by Andrew Davis; [Is This It?](#) by Rachel Jones; [On the Road with Augustine](#) by James K. A. Smith.