

# The More of Less: Contentment

## ICE BREAKER QUESTIONS

Apart from God, work, and your family, what are the top three things in your life that brings satisfaction?

## WORD

We spend so much of our time chasing after careers, people, or possessions that never satisfy us in the end. When is enough, enough? This four week series examines the biblical concept of contentment and how we can find it in Christ.

This series “**The More of Less**” reminds us of a similar phrase that’s has been a trendy term now, especially in the design world....."Less is more" It’s an idiom that means a small amount or change can be more effective than a large amount or change. It can also refer to the principle of keeping things simple and clear, which is similar to the concept of minimalism.

*\_The phrase was popularized by German-American architect Ludwig Mies van der Rohe and is associated with the modernist movement in architecture and design. However, the phrase originated in Robert Browning's 1855 poem “Andrea del Sarto”.The concept of “More of Less, which convey the same as Less is More” can be applied to many fields, including art, literature, music, and lifestyle.For example, you might say "When it comes to makeup, less is more". Or, you might say that **owning less stuff**..... focusing on fewer tasks, and having less in the way can give you more time, freedom, and meaning in your life.*

What is contentment? “A state of happiness and satisfaction”How do you get to a place of happiness and satisfaction? Its from “a baptism of repentance for the forgiveness of sins”

Contentment is a by-product of repentance Repentance from what? What sin was John addressing?

### **Luke 3:10–14 ESV**

<sup>10</sup> And the crowds asked him, “What then shall we do?” <sup>11</sup> And he answered them, “Whoever has two tunics is to share with him who has none, and whoever has food is to do likewise.” <sup>12</sup> Tax collectors also came to be baptized and said to him, “Teacher, what shall we do?” <sup>13</sup> And he said to them, “Collect no more than you are authorized to do.” <sup>14</sup> Soldiers also asked him, “And we, what shall we do?” And he said to them, “Do not extort money from anyone by threats or by false accusation, and be content with your wages.”

## DISCUSSION

What does “the more” in “The More of Less mean to you personally? Is it freedom, happiness or something else? Please share.

## WORD

Contentment is not the result of a lifestyle change, it’s the result of a heart change!

### **1. Repentance from selfishness brings contentment**

#### **Luke 10:11 ESV**

<sup>11</sup> And he answered them, “Whoever has two tunics is to share with him who has none, and whoever has food is to do likewise.”

The issue here is not about giving away stuff..the issue is about what holding on to stuff can do to us.. Awareness is the antidote of selfishness.

#### **2 Corinthians 5:15 Living Bible**

*He died for all so that all who live-having received eternal life from him-might live no longer for themselves, to please themselves, but to spend their lives pleasing Christ who died and rose again for them.*

#### **James 2:14-17 ESV**

*What good is it my brothers, if someone says he has faith but does not have works? Can that faith save him? <sup>15</sup> If a brother or sister is poorly clothed*

*and lacking in daily food, <sup>16</sup> and one of you says to them, “Go in peace, be warmed and filled,” without giving them the things needed for the body, what good is that? <sup>17</sup> So also faith by itself, if it does not have works, is dead.*

## **2. Repentance from greed brings contentment**

### ***Luke 3:12-13 ESV***

*<sup>12</sup> Tax collectors also came to be baptized and said to him, “Teacher, what shall we do?” <sup>13</sup> And he said to them, “Collect no more than you are authorized to do.”*

John tells them to collect only what is legally required.

John Rockefeller was asked “How much is enough? His response... ”Just a little bit more!”

Greed is this bottomless pit of desire that can never be satisfied by anything no matter how much you accumulate them. We can never find contentment unless we allow Christ to fill up our hearts and not our bottomless desires. If we desire Him, our desire for other things dissipate.

## **3. Repentance from covetousness brings contentment**

### ***Luke 3:14 ESV***

*<sup>14</sup> Soldiers also asked him, “And we, what shall we do?” And he said to them, “Do not extort money from anyone by threats or by false accusation, and be content with your wages.”*

John urges them to avoid violence and be content with their wages. Instead of the soldiers using their authority and power to protect and benefit the weak...they use them to benefit themselves.

## **DISCUSSION**

What are some challenges you face when it comes to repentance that brings contentment? How could you address these challenges?

## LIFE APPLICATION

We don't have to continually seek after the latest and greatest thing. Instead, **we should seek Christ, and he will satisfy our desires.**

God is not calling us to a new lifestyle, but to a new Lord...the only one who can truly give us contentment.

### **Hebrews 13:5 ESV**

*<sup>5</sup> Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you."*

The Lord will provide all that we need for a life founded on faith. Of course, plenty of faithful believers have experienced severe financial hardship, and many have even died from exposure, thirst, hunger, disease, and worse. They died that way through faith, not for a lack of it.

Being content is ultimately being assured that God will take care of us all the time.

## DISCUSSION

What are some small, practical steps you could take to start living with "less" in a way that brings you "more"?

## VERSE TO MEDITATE ON

### **Psalm 16:5-6 ESV**

*Lord, you alone are my portion and my cup;  
you make my lot secure.*

*<sup>6</sup> The boundary lines have fallen for me in pleasant places;  
surely I have a delightful inheritance.*

## **PRAYER**

Share your prayer request and answered prayer. Pray for one another and throughout this week.



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