

# CHOOSE YOUR ATTITUDE, CHANGE YOUR LIFE

## 3 – Choose Gratitude over Grumbling

“I have learned this secret,  
so that anywhere, at any time,  
I am content,  
whether I am full or hungry,  
whether I have too much  
or too little. I have the strength to  
face all conditions by the power  
that Christ gives me.”  
- Philippians 4:12-13 GNB

But godliness with  
contentment is great gain.  
- 1 Timothy 6:6

Have you ever been “window shopping?” And have you ever noticed how comparisons can easily lead to *discontentment*? In a sense, window gazing is as natural as breathing. We have a tendency to look into other people’s windows—their lives—and think things like, “*What would it be like to ...have that kind of lifestyle? ...never have to give thought to my weight? ...have things come so easily?*” No wonder whining and grumbling are so often a part of our lives.

### Welcome

What do you look back on as the happiest days of your life? Do you wish for such happy days again? Or were they not that great (free of hardship)?

### Word

#### Read Philippians 4:10-13

1. Which is harder, learning contentment in the midst of *need* or *plenty*? Explain.
2. In what area of your life is making comparisons, or “window gazing,” the biggest struggle?
3. In the NT, the word for “*contentment*” is also translated “satisfied,” “adequate,” “competent,” or “sufficient.” **Read 2 Cor. 3:5 and 12:9**, and notice that the words “competent” and “sufficient” are used to mean “*enough*” or “*more than enough*.” Based on this understanding, what does it mean to be content?
4. In what way is Christian contentment deeper and more meaningful than merely maintaining a “stiff upper lip?”
5. When you allow discontent to rule you, what are you saying about your perception of God? How does this explain why grumbling (as opposed to groaning!) is such an offense to God?
6. Contentment involves both *discipline* (a matter of the will) and *dependence* (a matter of the heart). It’s something that is “learned” (verses 11, 12) and also something that is graciously given through dependent trust in God (verse 13). Which of these two areas do you most need to focus upon so that you can experience the true satisfaction that God offers each of us?

### Works

What did you learn (or were reminded) about contentment that you need to apply to your life? God commands us to “*be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus*” (1 Thessalonians 5:16-17).

### Worship

Many psalms begin with questions, disappointment, and yes—even grumbling! And yet they end with statements of *confidence*, *acceptance*, and *thankfulness*. Likewise, these three heart-words can help you cultivate a right attitude. Read and sing familiar psalms that reflect these expressions (i.e., Ps. 73:25-26).