

#AllTheFeels – Contentment

This month we are discussing the emotion of Contentment, this is an emotion that everyone is looking for but it is not easily found. We live in a time that purposefully makes us discontent to push us towards striving for status, power, and possessions. However; through this Psalm we will learn how to find contentment in our lives, our circumstances, and with God.

Read Psalm 62

Watch #AllTheFeels – Contentment

- What does true contentment look like to you?
- How can we have contentment when everything is going wrong?

1. We will find contentment by looking to God instead of our circumstances

Read verses 1-4

We see in these first four verses that David speaks of God being a fortress and a solid rock. Even the word that David uses for “rest” translates to “silence or stillness” in Hebrew, meaning that David was at complete peace with the Lord. His soul was not anxious or worrisome but completely still before the Almighty, his fortress.

This is truly fascinating because when you read verses 3 & 4, we see that David’s circumstances were not exactly peaceful or tranquil. His

situation actually seems to be frightening, that there are others around David that are cursing and abusing him.

This shows us that David had true and lasting contentment because instead of looking at the chaos around him, he chose to fix his eyes on God. The only One who could rectify David's situation.

Only in God will our souls find rest.

- Just like David described God as his rock and fortress, how would you describe God in this season of your life?

2. We will find contentment by choosing to trust in God

Read verses 5-8

In verse 5, David again has to remind his soul to wait in rest and silence for God to move. Contentment is not an emotion that we find once and always have with us. We will have to continually remind our hearts and souls to trust in God and His mighty plan.

Verse 8 says to "trust in Him at all times" this trust in Hebrew means to rely on God, just as a child would rely on their mothers.

We are meant to stick close to God especially in times of uncertainty because God can give us rest and contentment

- Just like David, have you ever had to remind yourself to rest in God? Do you have a hard time resting?

Read verses 9-10

We all know that we need to trust in God but there are many times in our lives that other things pop up that we begin to focus on more and put more trust in. One in particular is money, we know that we need money to survive, and it is nice not to worry about how much money we have but this often turns into obsessing over how much we spend, save, and make.

To go along with our trusting in God means that we will have to actively and consciously turn our trust away from earthly possessions and onto heavenly circumstances.

- What is something that you need to turn your trust away from so you can trust more on God?

3. We will find contentment by understanding God's character

Read verse 11-12

In these last two verses, David focuses on God's strength, His unlimited power. He also calls attention to God's love, His loyal faithfulness to His promises.

It takes an understanding of both God's power and God's love to get a picture of who God is, otherwise He becomes either a tyrant or a Santa Claus.

The more we understand you God is, the more content we can be in this life knowing who we follow.

- How does knowing that God will ultimately reward us, even if that means in heaven, help us to be content with our circumstances now?

Psalm 62 does a great job in showing us that the contented life is not something that comes passively but something that we must take action and intentionality in. This contented life does not come from having the right circumstances but choosing to look to God as our one source of peace. Contentment comes when we move from looking to God to trusting in God. Then we must move from trusting in Him to living a life understanding His character. All of this will bring contentment to our daily lives.

As a group, share one thing that you are needing the Lord's help in finding contentment in and then pray together over those situations.