

If you, O LORD, kept a record of sins, O Lord, who could stand? But with you there is forgiveness; therefore you are feared.

...I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me. ...put your hope in the LORD both now and forevermore.

Psalm 130:3-4, 131:2-3

What a foolish thing is this, that because I have not got what I want, I will not enjoy the comfort of what I have! There is a great deal of folly in a discontented heart.

Jeremiah Burroughs

My crown is in my _____ and not on my head; ...my crown call'd content; a crown it is that seldom kings enjoy.

William Shakespeare

Contentment

✚ is a gift from God that I may enjoy if I so choose. The condition of my heart is completely up to me! We will miss the joy of contentment if keeping rather than _____ becomes our life's objective.

The choices of the contented heart

- 1) I release my _____ to Jesus and I celebrate salvation.
 - a. A contented heart is free from sin and finds rest in Christ alone.
 - i. Out of the depths of sin comes a cry to the Lord for mercy.
 1. **A** _____ sin
 2. **B**elieve on Christ
 3. **C**all out to God for mercy

The Contented Heart

August 15, 2010

If you, O LORD, kept a record of sins, O Lord, who could stand?

But with you there is forgiveness; for with the LORD is unfailing love and with him is full _____ . Psalm 130:4a,7b

...therefore you are feared.

- 2) I release a stubborn, _____ spirit and I choose to draw near to God and worship him in awe and wonder.

✓ Ps. 130:4—Fear means reverence and implies relationship.

It is the Lord himself, and not escape from _____ that the worshiper longs for. "Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe..." Hebrews 12:28

- 3) I release a preoccupation with my own _____ along with the pride and selfish ambition that accompanies such striving.

✓ My heart is not proud. 131:1

- 4) I release my obsession with business in favor of quieting my heart before God and experiencing the joy of his company.

✓ But like a _____ child with its mother, like a weaned child is my soul within me. I have stilled and quieted my soul;

- 5) I release my demands upon God to _____ me what I want.

A contented heart is free from GUILT and GREED

- ✓ Guilt over personal sin
- ✓ Greed for God's blessings rather than God himself.

Contentment is a learned behavior that has at its core a desire for God more than his good _____. Contentment comes when we remember that what God chooses is far better than what we choose.