

How to Find Contentment in God

June 21, 2026

Main Passage: Proverbs 19:23; 21:17; 30:7-9

Theological Theme: Contentment can only be found in the Lord.

Introduction

- ❓ How content would you describe yourself to be?
- ❓ What are some specific ways contentment is a challenge in our time?

1. The Way to Life (Proverbs 19:23)

“The fear of the Lord” is a common theme in Scripture. The fear of the Lord is the source of wisdom and the way to understanding (Proverbs 9:10). It not only brings wisdom, but Scripture declares that fearing the Lord is, itself, wise (Proverbs 15:33).

- ❓ What does it mean to fear the Lord? What does it not mean?
- ❓ How does proper fear of the Lord lead to life?
- ❓ What leads you to this type of reverence for the Lord?

2. The Food We Need (Proverbs 30:7-9)

This is an interesting segment of Proverbs and a useful one in our discussion of contentment! How often have you prayed for . . . not wealth? Agur (who Proverbs 30:1 names as the author of these words) asked for two things from the Lord in these verses. This first was to “Keep falsehood and deceitful words far from me” and the second was “Give me neither poverty nor wealth; feed me with the food I need” (v. 8).

- ❓ What is surprising about what the author specifically asked for in these verses?

❓ What connections between plenty and want and our relationship to the Lord did the author draw?

❓ How might wealth act as a hindrance to our trust in God?

3. A Warning About Overindulgence (Proverbs 21:17)

Isn't it amazing how human nature, throughout the millennia, has not changed? The heart posture this verse warns against is still very much alive and well today. We considered this verse last week from the perspective of our finances, and today we'll read it from the perspective of contentment.

❓ Why does love for worldly pleasure ultimately fail us?

❓ Why are we tempted to repeatedly believe worldly pleasure will satisfy?

❓ How does wealth tempt us to pursue worldly pleasure further?

Conclusion

Our culture says life and contentment can be found in things, but Scripture tells us that the key to really living is in relationship with the One who created all things in the first place: the Lord.

❓ Where are you struggling with contentment?

❓ How can we encourage one another toward seeking fulfillment in Christ over the things of the world?

❓ How would living as content people give us opportunity to share our hope with others?