



“Here’s what the devil knows: If he can get you in debt, he can make you a slave. If he can convince you to spend all you have, you’ll never offer your tithes to God, never help the poor as you could have, and never use what you do have to accomplish God’s purposes. If he can tempt you to become a slave to creditors, you will not know simplicity, generosity or joy. He will have neutralized your effectiveness for the kingdom and choked the gospel out of your life.”
-Adam Hamilton

Everything I wanted I took – I never said no to myself. I gave into every impulse, held back nothing. I sucked the marrow of pleasure out of every task... Then I took a good look at everything I’d done, looked at all the sweat and hard work. But when I looked, I saw nothing but smoke. Smoke and spitting into the wind. There was nothing to any of it. Nothing. Ecclesiastes 2:10-11 (MSG)

Restless Heart Syndrome (RHS)

The primary symptom of RHS is discontent. We find that we are never satisfied with anything. The moment we acquire something, we take little time to enjoy it, because we want something else. If left untreated, RHS will destroy you.

Not all discontent is a bad thing. There are some things that God intends us to be discontented about:

- Evil in the world
- Injustice in the world
- Hate in the world
- The state of our own sinfulness

The problem: We tend to be discontent with the things God meant for us to be content with and content with that which God meant us to be discontent.

We can learn to cultivate contentment

I have learned to be content with whatever I have. I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. I can do all things through Christ who strengthens me.

Philippians 4:11-13 (NRSV)

How Can We Cultivate Contentment?

1. Remember, It Could Be _____.

- At work
- At home
- Your kids, your spouse

2. Ask yourself, “How long will this make me _____?”

- Why do I need this?
- Why do I really want this?
- Will this make me satisfied?
- If so, for how long will it make me satisfied?

[Jesus said,] *Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.* Luke 12:15 (NIV)

3. Ask yourself,

“Where does my _____ find true _____?”

“Thou hast made us for thyself, O Lord, and our hearts are restless until they find their rest in thee.”
-Saint Augustine (written 1600 years ago)

O God, you are my God, I earnestly search for you.

My soul thirsts for you ...

You satisfy me more than the richest feast.

King David, Psalm 63:1, 5 (NLT)

I can do all things through Christ who strengthens me.

Paul, Philippians 4:13 (NRSV)

QUESTION: What “tent” are you living in?

-Discon-TENT-ment or Con-TENT-ment

Actually, I don't have a sense of needing anything personally.

I've learned by now to be quite content whatever my circumstances.

I'm just as happy with little as with much, with much as with little.

I've found the recipe for being happy whether full or hungry,

Hands full or hands empty.

Whatever I have, wherever I am,

I can make it through anything in the One who makes me who I am.

Paul, Philippians 4:11-13 (MSG)