

Discontent, Self-Pity, Fear

Discontent

I. Definitions and Descriptions

A. Definitions

1. Dictionary Definition – _____
 - Not satisfied with what one is or has
 - Wanting more or different
 - A restless desire or craving for something one does not have
2. Biblical Description – _____
 - “An inordinate desire to have more than what God has seen fit to give us.”

B. Description of Covetousness

1. Covetousness is the _____ and sinful desire to have the things that we are convinced will satisfy us or make us happy. *Luke 12:15*
2. The Bible makes it clear that the love of temporal pleasures will _____ us. *Heb 13:5*

II. Biblical Solution - _____

- A. Comes from delighting in God more than anything else. *Psalm 37:4, 2 Cor 9:8*
- B. Thanks God in all circumstances instead of complaining *Phil 2:14, Phil 4:19*

III. Practical Steps for Growth

- A. We will have to _____ how to be content. *Phil 4:11-12*
- B. Contentment focuses on _____ not ownership. *1 John 2:15, Luke 12:33-34, 1 Timothy 6:10, Luke 12:15, Psalm 62:10*
- C. Contentment focuses on _____ in eternally important things. *Col 3:1-2, Matthew 6:19-21*

Self-Pity

I. Definitions and Descriptions

A. Dictionary Definition – Self-Pity

- The act or state of _____oneself, especially in an exaggerated or self-indulgent manner
- Thinking _____or sorrowfully about your own suffering, distress, or misfortune, often leading you to find relief or aid from your distress

B. Biblical Description – _____2 Tim 3:1-5, 1 John 2:16

C. Explanation of Self-Love

1. A love of self will lead to a prideful life lived with a _____.
Galatians 5:19-21
2. A person with a self-focus will hate anything that is _____.

II. Biblical Solution – Humility

A. God speaks about the _____ purposes of suffering. *James 1:2-4*

B. God teaches us to see His humbling _____ in the middle of our pain. *Heb 12:11, Psalm 119:71, 2 Cor 4:16-17, Romans 8:18*

III. Practical Steps For Growth *Phil 4:4-12*

A. Killing self-pity starts with _____. (vs 4)

B. The goal is that your _____ (gentle spirit) is seen and known. (vs5)

C. The peace of God born out of right prayer will guard your heart and mind. (vs 6-7)

D. Train yourself to _____ correctly. (vs 8-9)

E. Contentment allows you to adjust your own desires to fit God's purpose and conditions.

Fear

I. Definitions and Descriptions

A. Fear - A powerful and often habitual focus on a _____ danger or loss that prevents us from properly loving God and others

B. Has a _____ other than our God 2 Timothy 1:7

C. Can take many forms from the world's perspective

Acrophobia – fear of heights

Claustrophobia – fear of tight spaces

Arachnophobia – fear of spiders

Ablutophobia – fear of washing/taking a bath

Alektorophobia – fear of chickens

Coulrophobia - Fear of Clowns

D. Clustered around several key _____ in Scripture

1. Fear of man *Proverbs 29:25; John 12:42-43*

2. Fear of losing temporal things *Luke 12:4-5; I Corinthians 4:5*

3. Fear of circumstances that cannot change *Proverbs 3:25; Genesis 4:14*

E. What is NOT included in these definitions:

1. _____ care and concern *Matthew 23:37-38*

2. Proper planning that acknowledges God's sovereignty *Proverbs 6:6-8; James 4:15-16; Proverbs 16:9*

3. Fear of God *Proverbs 1:7; Ecclesiastes 12:13-14*

4. Respect for _____ *Job 41:33; I Corinthians 6:19-20*

II. Biblical Solution – Believe in God’s Greatness and Goodness

A. His messengers frequently sought to _____ the fears of people. *2 Kings 1:15; Luke 1:30*

B. One of the purposes of the incarnation of Christ was to deliver us from fear. *Hebrews 2:14-15*

C. Jesus wants His followers to experience _____ from fear and worry. *John 14:27*

III. Practical Steps to Overcome Fear Biblically

A. _____ between right concern/appropriate fear and sinful worry/fear.

B. Confess and repent of any/all habits of unbelief, doubt, and idolatry.

C. Acknowledge the _____ nature of many of our fears and worries. *Matthew 6:25*

D. Reflect on the faithfulness of God in providing for all His creation. *Matthew 6:26, 28-29, 32*

E. Rejoice in your _____ in Christ. *Matthew 6:26, 30-31*

F. Learn to draw near to our sympathetic Savior to find grace and help. *Hebrews 4:14-16*

G. Recognize the _____ nature of fear and worry. *Matthew 6:27*

H. Develop a faithful prayer life which includes thanksgiving for all that God has already provided. *Matthew 17:20; Philippians 4:6*

I. Focus on _____ today’s responsibilities in the power of Christ. *Matthew 6:33-34*

J. Practice loving God and others instead of focusing on what you might lose. *1 John 4:18; Philippians 2:3-4*

