

Contentment in Relationships

(adapted from GraceChurch Sermon Series: Relationships 101)

What qualities do you desire in friend?

Value of Christ-centered Friendships

- In what way do you expect others to bring you contentment?

Until your relationship with Christ is fulfilling, no other relationship will be either. [1John 1:1-4](#)

- What are you willing to give others to bring them contentment?

Unless you give through your relationship with Christ, what you give cannot bring true, long lasting contentment. [Rom 8:1](#)

- How much do you care about others?

If only Christ can bring contentment, how willing are you to tell others about Christ? [2Cor 4](#)

Dig a Little Deeper: Contentment in Christ

Php 4:10-14

- Paul learned to focus on God and NOT try to create contentment for himself
- Paul was in a dungeon when he wrote about joy in Christ
- I can do all things THROUGH Christ (I can suffer or do without. I can be single or married. I can be rich or poor. I can endure all things.) Suffering reminds us that there is a place for the suffering to heal. He suffered for us so we can have a joy-filled life in Him. When things get hard, run to Christ for hope.

Application Exercise: Remember Your I O U S

Remember your I.O.U.S. with the following prayer:

I	Incline my heart to God, Psa 119:112
O	Open my eyes that I may behold wonderful things in Your Word, Psa 119:18
U	Unite my heart to fear Your Name, Psa 86:11
S	Satisfy me with Your steadfast love, Psa 106:1

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