

Be Content

**You shall not covet your neighbour's house.
You shall not covet your neighbour's wife, or his male or female servant,
his ox or donkey, or anything that belongs to your neighbour.**

Exodus 20:17

Warm up

What are three things you want that you don't have? Big or small, possessions, experiences, people, lifestyle, talents, personal traits.

Recognising Covetousness

Many of our desires are for all sorts of good things: pleasure and joy, security and belonging, peace and safety, comfort and contentment, excitement and adventure. We want to be liked and well respected, to be loved and special to others, we want to do meaningful and satisfying work. How is coveting different from merely wanting something good?

Coveting is an unseen motivation of the heart. How do you recognise covetousness in your own heart?

What is the fruit of coveting that you have observed?

How have you experienced coveting impacting relationships with people?

How have you experienced coveting impacting attitudes towards God?

Cultivating Contentment

Make a list of the things you are grateful for.

How easy is it for you to feel gratitude? What helps? What gets in the way?

In Philippians 4:4-13, writing from prison, the Apostle Paul says he has learned the secret of contentment. Reflect on his learning and discuss how we might cultivate contentment in our lives.