

## Character Trait for January 16-19 is Contentment

**Philippians 1:9-10,** "And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ"

**Character:** the qualities built into an individual's life that determine their responses, regardless of circumstances.

**Contentment:** Realizing that true happiness does not depend on material conditions.

**Derivation:** **contentment**-happy enough with what one has or is; not desiring something more or different; satisfied. From the Latin verb continere meaning "to hold together; bind; limit; enclose; surround."

**Weekly Verse:** Hebrews 13:5--Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."

**Bible Story:** In Genesis 13, Abraham and Lot decide where they will keep their flocks, and the chapter discusses the consequences of their choices.

**Quote:** "Being content doesn't mean that you believe everything is perfect. It means that you have decided to look beyond the imperfections."

### **Application:**

Think through this short passage. Do you agree or disagree with what it says?

I wish you enough sun to keep your attitude bright.  
I wish you enough rain to appreciate the sun more.  
I wish you enough happiness to keep your spirit alive.  
I wish you enough pain so that the smallest joys in life appear much bigger.  
I wish you enough gain to satisfy your wanting.  
I wish you enough loss to appreciate all that you possess.  
I wish you enough "Hello's" to get you through the final "Goodbye."

### **Discussion Questions:**

Is there anything you would add to the above passage about contentment?

Do we really want some pain and loss in our lives so that we enjoy what we have more?  
In our lives, what do you think is the greatest hindrance from experiencing contentment?