



Her Legacy - Oasis Fall 2011

Session 4 – October 12, 2011

## **The Discipline of Mind The Discipline of Contentment**

### **Discipline of Mind:**

1. Read Romans 8:5-8. Paul identifies the mind controlled by sin, and the mind controlled by the Spirit. What are the characteristics of each?

#### **A mind controlled by sin:**

Is set on \_\_\_\_\_

It leads to \_\_\_\_\_

It is \_\_\_\_\_ to God. It does not \_\_\_\_\_ to God's law. If your mind is controlled by sin you cannot \_\_\_\_\_.

#### **A mind controlled by the spirit:**

Is set on \_\_\_\_\_

Is characterized by \_\_\_\_\_ and \_\_\_\_\_.

2. Think of a time when you realized the power that your mind & your thoughts had to influence your actions or emotions – either for good or for bad. Share with your table as you feel led.
3. In an effort to discipline our minds, Barbara Hughes notes that we have the “power to refuse entry” to negative thoughts. This may mean consciously evaluating what we watch on TV, what we listen to, what we read. Is there a time when you have evaluated some of these mediums and made changes to what you allow to enter your mind? Share with your table as you feel led.
4. In an effort to discipline our minds, Barbara Hughes notes that we have the “power to program” our minds by choosing to think on good things. What are some of the “good things” which have programmed your mind?

Lets spend some time in prayer, asking God to help us to discipline our minds.

## Discipline of Contentment – a Specific Application of the Discipline of Your Mind:

### 1. How would you define the following:

Contentment:

Discontentment:

### 2. **Discontentment:**

What are some of the characteristics of discontentment identified in the following verses?

Ecclesiastes 1:8 – Can discontent be satisfied?

The eye never has \_\_\_\_\_  
Nor the ear its \_\_\_\_\_

Ecclesiastes 4:8 – Is discontentment only associated with “not having”?

What are some of the dangers of discontentment?

Psalms 81:11-12

Romans 1:24-25

We might actually \_\_\_\_\_ what we think we \_\_\_\_\_! And that might be the \_\_\_\_\_ thing for \_\_\_\_\_.

The \_\_\_\_\_ thing that can happen to a \_\_\_\_\_ who is \_\_\_\_\_ for something outside \_\_\_\_\_'s \_\_\_\_\_ would be for \_\_\_\_\_ to \_\_\_\_\_ that \_\_\_\_\_.

Should we take discontentment seriously?

Read Mark 4:18-20. What did the “worries of the world” do to the word of God?

Why are we not content?

Barbara Hughes suggest the main reason is that we are \_\_\_\_\_ to the \_\_\_\_\_  
\_\_\_\_\_. We begin to \_\_\_\_\_ that \_\_\_\_\_ does not have  
\_\_\_\_\_ best \_\_\_\_\_ at \_\_\_\_\_, and therefore we should \_\_\_\_\_  
what we \_\_\_\_\_.

### 3. **Contentment:**

Read Proverbs 19:23 – What are the benefits of contentment?

Read Philippians 4:11 – how is contentment acquired?

Read Hebrews 13:5-6 – What should our contentment be based on?

The \_\_\_\_\_ that we often \_\_\_\_\_ is that \_\_\_\_\_ leads to \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_.

Let's examine what a life characterized by contentment and godliness actually looks like.

## Presentation by Mama Maggie Gobran

[www.stephenschildren.org](http://www.stephenschildren.org)

### **Quotes:**

“We don't choose where to be born but we choose either to be sinner or saints. To be nobody or heroes.”

“If you want to be a hero, do what God wants you to do.”

### **Tough Callings:**

“Everyone who is carrying the fragrance of eternity has to experience the dark valley of death.”

Step #1 - \_\_\_\_\_

Step #2 - \_\_\_\_\_

Step #3 - \_\_\_\_\_

### **Questions to Discuss:**

What was most striking to you about Mama Maggie?

Based on what you saw, how would you describe her character?

Would you say that she is an attractive person? Why or why not?

What is the source of her contentment?

## Homework

### Discipline of Mind:

Read the following verses & list what they suggest to do in order to discipline your mind:

Verse	What it says to do	How I will apply this to my life
Psalms 101:2-4		
Matthew 5:29		
Psalms 119:97-100		
Philippians 4:8		

### Discipline of Contentment:

Sometimes, to deal with a problem like discontentment head-on we need to “call a spade a spade” and repent of the specific sin we are committing. What does the Bible call greed? (Colossians 3:4-6)

Discontentment is generally created by awareness. If you aren't aware that there is a bigger / better / newer / fancier item, you don't “crave” it. How can you make choices to limit your awareness of that which you don't have?

How can you make choices to increase your awareness of that which you have in comparison to others?

Meditate on the following verses this week. What do they tell you about God's character? Do they help you to rest in His provision?

Psalms 37:3-5

Psalms 103:1-6

Psalms 145:18-20

Question for you to think about ... All these verses talk about God giving us the desires of our heart. What affect will “meditating on His word” have on our desires?

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**Make a list of Christian biographies, autobiographies or fiction that have inspired you. Note their name & author to share with the group next week.**

Author	Name of Book	How it inspired you