

A GUIDE TO CONTENTMENT

What things cause you the most discontentment?

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What moments are you weakest? *(Ex. When your stressed, lonely, bored, etc.)*

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How do you feel a week after you purchase something? Is it lying on the floor in a ball? Do you need it as much as you thought you would?

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How can you protect yourself from temptation? *(Ex: Not going grocery shopping at Target if your weakness is the latest Nate Burkus collection.)*

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How do these things keep you from living a life free and content?

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Do you need to take a break from spending or consuming in a certain area to free yourself from the bondage of discontentment? What could that look like?

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O U T O F Y O U R B O O K :

I N T O Y O U R L I F E :

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A P A R T O F G O D ' S P L A N : *Ask the Lord to free you from the desire of stuff and instead, set your mind on eternal things.*

