

30-DAY JOURNEY TO FIND
CONTENTMENT IN OUR DAILY LIFE

[AND SELF-SUFFICIENT THROUGH CHRIST, SATISFIED TO THE POINT WHERE I AM NOT DISTURBED NOT THAT I SPEAK FROM [ANY PERSONAL] NEED, FOR I HAVE LEARNED TO BE CONTENT **OR UNEASY] REGARDLESS OF MY CIRCUMSTANCES.**

PHILIPPIANS 4:11 AMP

GRATITUDE FOSTERS CONTENTMENT

By giving thanks, we're reminded that we've been given everything we've needed. When we show gratitude we're living out the fact that God has provided everything we would ever need and that we lack nothing.

When we understand the attitude of gratitude, it enlarges our perspective to stay content in all things, and that by staying content in all things, we're unmoved by circumstances.

By taking the time to create habits of giving thanks each day, we can foster our perspective to see God as everything. This journal's purpose is to help us go deeper in knowing God as our source of every good thing, so that in our trials and circumstances, we're reminded of how good He is.

CONTENTMENT CHALLENGE

WHAT IS THE CHALLENGE?

The contentment challenge is a chance to help us refocus our attention off what we want and onto what God has already given us.

GIFTS ARE OKAY!

If someone gives you a new dress or piece of décor during that time, receive it graciously! If you need to buy someone else a gift, by all means, do so.

NECESSITIES ARE OKAY!

If you drop and break your phone, please go get a new one! If you lose your glasses, buy a new pair. Just don't start justifying new purchases for items that you already have.

// FAST

You can fast from buying new clothes, household items, accessories and general stuff.

// FOCUS

Focus on giving during this time: If you see a need, meet the need! Look for opportunities to give to others. You can also give through your time by volunteering in the Church and with your treasures by giving above your tithes and offerings.

// READ

Read the Bible during this time: Join us by reading the One Year Chronological Bible Plan on the You Version Bible App.

// PURSUE

Actively pursue something good that helps to replace your tendency to buy stuff as a source of comfort! These activities can be prayer, singing worship songs, reciting scriptures out loud, painting, gardening, taking a deep breath or thinking about God's nature and how great is His love.

What are the top five things I cherish in my life?

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List five people that I am grateful for:

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What are ways that I can be more generous?

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PHILIPPIANS 2:3-4 (NIV)

3 Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, **4** not looking to your own interests but each of you to the interests of others.

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Where can I help people more?

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In what ways do I hope to make my life better, more fulfilled, or meaningful?

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PSALM 50:23

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HAVING NEGATIVE THOUGHTS?

What ways can I challenge those thoughts and make them positive?

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List 3 things that
are not material that
make me happy.

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In what areas would I like to increase my giving?

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What am I most grateful for today?

What was the best gift I've ever been given?

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What are my favorite random acts of kindness and when was the last time I did it?

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How can I be thankful for the challenges that I've experienced?
What did I learn from them?

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What insights have I gained that I am grateful for?

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What are my top 3 priorities? Do they align with my long-term goals?

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What is my favorite activity to do that I don't have to spend money to do it?

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9 But he said to me, "My grace is sufficient for
you, for my power is made perfect in weakness."
Therefore I will boast all the more gladly about
my weaknesses, so that Christ's power may rest
on me. 10 That is why, for Christ's sake, I delight
in weaknesses, in insults, in hardships, in
persecutions, in difficulties. For when I am weak,
then I am strong.
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Give myself 3 minutes and write down everything I am thankful for.

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What about my surroundings (home/ neighborhood/city/etc.) am I thankful for?

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What was the best gift that I've ever given and why did I want to give it?

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How can I make my relationship with my family more enjoyable, pleasing, and well-balanced?

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Write down qualities
you like for your best
friend to have. Do you
possess those?

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How is my life different today than it was a year ago? How can I be thankful for those changes?

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When was the last time
I wrote a thank you card?
Who can I give a thank
you card to next?

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What are some things I love about those around me?

What was my main
takeaway I learned this
past month and how can I
incorporate it into my
lifestyle?

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