

## Friday

Please read Proverbs 13:12 & John 10:10. How has this week's study impacted your understanding of contentment?

What would it look like for you to live Christ's "full life" in your heart? In your actions?

*Thank God today for the gift of the abundant life in Jesus. Pray that you will have the faith to rest in His provision of that life and live it out in both your heart and actions.*

## Saturday

Please reread this week's memory verse, Proverbs 4:23. Meditate on this verse piece by piece today. "Above all else...", "guard your heart", "for everything you do flows from it."

*Please pray for the services this weekend. Pray that our study in the book of Proverbs will continue to be a blessing to our church and will cause us all to grow in wisdom.*



TWIN LAKES CHURCH  
www.tlc.org



PART 7

## Finding Contentment

APRIL 6 & 7, 2013 • MARK SPURLOCK

"I still haven't found what I'm looking for..." U2

### Why is contentment so hard to find?

#### 1. Contentment flows from \_\_\_\_\_

Above all else, guard your heart, for everything you do flows from it.  
*Proverbs 4:23*

**NOTE:** "Heart" in the OT is "the center of all of a person's emotional-intellectual-religious-moral activity." — Bruce K. Waltke

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your **inner being**. *Ephesians 3:16*

I have learned the secret of being content in any and every situation... I can do all this through him who gives me strength. *Philippians 4:11b-13*

#### 2. My "heart" is \_\_\_\_\_

- \_\_\_\_\_ aspect

A cheerful heart is good medicine, but a crushed spirit dries up the bones.  
*Proverbs 17:22*

- \_\_\_\_\_ aspect

An anxious heart weighs a man down, but a kind word cheers him up.  
*Proverbs 12:25*

- \_\_\_\_\_ aspect

The wicked flee though no one pursues, but the righteous are as bold as a lion.  
*Proverbs 28:1*

- \_\_\_\_\_ aspect

Even in laughter the heart is sad, and the end of joy is grief.  
*Proverbs 14:13*

- \_\_\_\_\_ aspect

He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.  
*Ecclesiastes 3:11b*

### 3. My “heart” suffers from \_\_\_\_\_

Each heart knows its own bitterness, and no one else can share its joy.  
*Proverbs 14:10*

### Where can my “heart” find true contentment?

Hope deferred makes the heart sick, but a longing fulfilled is a **tree of life**.  
*Proverbs 13:12*

I have come that they may have life, and have it to the full. *John 10:10*

*“There is a God shaped vacuum in the heart of every man which cannot be filled by any created thing, but only by God, the Creator, made known through Jesus.”* Blaise Pascal, *Pensées*

*“You have made us for yourself, O Lord, and our hearts are restless until they find rest in you.”* Augustine

#### Acknowledgement:

Some key ideas in today’s sermon are drawn from a message by Dr. Timothy Keller entitled, “The Wounded Spirit”, Redeemer Presbyterian Church, December 5, 2004.

## Daily Meditations

### Monday

Please read Proverbs 4:23, Ephesians 3:16 & Philippians 4:11–13. When it comes to your heart, what compromises your sense of contentment? Is it fear, apathy, confusion, something else?

How did last weekend’s sermon encourage you to pursue the development of your heart?

How do you think developing your heart would impact your actions?

*Thank God today that He wants you to have a strong inner life. Thank Him for His care for you body and soul. Pray this week’s focus on your inner life will bring you new depth in your relationship with God.*

### Tuesday

Please read Proverbs 12:25, 17:22 & 28:1. How does it encourage you to know there is a complexity to your heart?

Let’s look at the physical, emotional/relational and moral aspects of our hearts. What

type of connection does Proverbs 12:25 and 17:22 describe between our heart and physical life? How have you seen this connection play out in your own life?

How does Proverbs 28:1 describe a person who lacks moral contentment? Is a lack of moral contentment right now impacting your confidence? If so, how?

*Thank God today for the complexity with which He has made you — both physically and emotionally. Pray as you embrace the complexity of your heart you will find both encouragement and clarity.*

### Wednesday

Please read Proverbs 14:13 & Ecclesiastes 3:11. Let’s focus on the Ecclesiastes verse today. It seems counterintuitive, but how can you find contentment in the truth that God is doing things you cannot fathom?

Describe what it looks like to live a life that trusts God.

How have you seen growth when it comes to living that life? How are you struggling to live that life?

*Thank God today that He is at work. Thank Him that He is a God beyond what you can fathom. Pray that your life will increasingly, on the inside and outside, look like a person who trusts the Lord.*

### Thursday

Please read Proverbs 14:10 & 20:27. It is so tempting for each of us to normalize our own experience and assume we understand others in a similar experience. What caution does Proverbs 14:10 have about doing that?

How have you felt the loneliness described Proverbs 14:10?

How can you use the truth of these verses to encourage someone in a difficult time?

*Thank God today that He has made you unique. Thank Him for the fact that He knows you and He does understand you. Pray for an opportunity to encourage others with the truth of their uniqueness and God’s total understanding.*



Above all else, guard your heart,  
for everything you do flows from it.  
*Proverbs 4:23*