

UPCYCLE

Elementary
Week 1

Read: Philippians 4:11-20

In this life I feel like there is a constant struggle for people when it comes to contentment. For me personally, I struggle with the balance of having goals and exciting ideas for the future, while still being content with where I am and enjoying the present. I know it's possible to find this balance, but I tend to get so focused on my future goals that I sacrifice proper contentment for where I am at currently.

Paul was a highly motivated person. He did incredible things in his life and he writes about what he learned about along the way including contentment. Of course, it all points back to our relationship with God, and our trust in him. It honestly, often feels like this is the secret sauce for all of life, but while it is such a simple phrase (to trust God) it is such a complex thing to be able to continually do so.

Life ebbs and flows and God always remains the same. That is the one thing that helps me remember how good God is when I question him the most. He is still the same God I chose to follow years ago, and he is still the same God that has carried me through countless difficulties. That is the only thing that reminds me why I can trust him when I feel like I am drowning in questions. He is the exact same God even when everything else has changed. And then I need to show myself grace for my questioning and lack of faith because he is full of grace and understanding for our human minds.

How does your trust in God (or lack of) help you remain content?

How can you see proof of God's consistency in your life?

What is a moment of God's goodness, showing up in your life that you can continually remind yourself of, as questions and things arise?