

WEEK TWO:
A KEY
TO LIFE



Discontentment is a lack of confidence that we can rely on our supply.

When we cannot rely on our supply, we want more and we pursue more.

Contentment is tied to our dependence.

Discontentment is a core source of our haste.

SERIES BIG IDEA:

Waste the haste: learn Jesus' unforced rhythms of life.

Waste the haste challenge: Breathe.

- **Daily: Read and pray scripture.**
- **Weekly: Sabbath with the Body of Christ.**
- **Weekly: Have a meaningful face-to-face conversation with a friend or group of friends.**

TEACHING BIG IDEA:

Contentment is key to eliminate hurry.

Jesus modeled a life of contentment.

Jesus started His ministry by overcoming the temptation to be discontent.

¹ Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, ² where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry. ³ The devil said to him, "If you are the Son of God, tell this stone to become bread." ⁴ Jesus answered, "It is written: 'Man shall not live on bread alone.'"

Luke 4:1-4 (NIV)

- **Jesus was content in His identity. Jesus knew He was the Son of God and that God the Father was pleased with Him. (Luke 3:21-22)**
- **Jesus was content with God the Father's provision. (Matthew 4:4)**

⁵ The devil led him up to a high place and showed him in an instant all the kingdoms of the world. ⁶ And he said to him, "I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to. ⁷ If you worship me, it will all be yours." ⁸ Jesus answered, "It is written: 'Worship the Lord your God and serve him only.'"

Luke 4:5-8 (NIV)

- **Jesus was content in His position to serve and did not seek to rush gaining fame. (Philippians 2:8-11)**

⁹ The devil led him to Jerusalem and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down from here. ¹⁰ For it is written: " 'He will command his angels concerning you to guard you carefully; ¹¹ they will lift you up in their hands, so that you will not strike your foot against a stone.'" ¹² Jesus answered, "It is said: 'Do not put the Lord your God to the test.'"

Luke 4:9-12 (NIV)

- **Jesus was content with God's timing.**

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¹³ When the devil had finished all this tempting, he left him until an opportune time. ¹⁴ Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside.

Luke 4:13-14 (NIV)

The power of the Holy Spirit will help me defeat my discontentment. (1 Corinthians 10:13)

- **When I am content that in my identity is in Jesus Christ, then I won't need to prove myself to anyone.**
- **When I am content in God's will for me, I won't worry about God's provision.**
- **When I am content in knowing that God will reward me, then I can serve in humility.**
- **When I am content in God's timing, then I can wait and trust in His leading.**

MY NOTES:



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TEACHING SUMMARY:

Nothing will rob the joy and peace that Jesus died to give us faster than a discontent soul. Discontentment is what drives our hurried souls. All of our hurry is tied to our discontentment. Discontentment is what ruins marriages, families, friendships, and ultimately hurts our souls because it drives us to want more and want it more quickly.

Jesus gives hope for a discontent soul who is burdened by the demand for more. The life Jesus modeled was a life of contentment. Contentment is the key to eliminating hurry.

Jesus defeated the temptation to be discontent. He demonstrates that we can be content in our identity and not need to seek the approval of anyone else. Jesus gives us hope that we can be content in God's provision and in God's reward for us. Jesus also shows us that we can be content in God's timing. When we learn to depend upon Jesus, the Holy Spirit gives us the power to be content and eliminate hurry.

TALK-IT-OVER:

What makes you feel the most secure?

What makes you feel the most discontent?

What areas of your life do you need to give to God to find contentment?

What is your next step?

Who do you need to tell about what you learned?

DAILY SCRIPTURE READING:

Day 1) 1 Matthew 6:9-13

Day 2) Proverbs 3:5-18

Day 3) Psalm 23

Day 4) Psalm 139:1-18

Day 5) Matthew 26:36-44

Day 6) Colossians 2:6-12