

Finding Contentment in Difficult Relationships

What does it look like to be content in difficult relationships? Is there a relationship that you “didn’t sign up for” that the Lord is calling you to be content in (i.e., in-laws, ex-spouse (s), friendships, etc.)? “Why me, Lord? How can I do this?!” We will examine what Scripture says on this challenging topic and discuss how we can practically and obediently apply this in our own lives.

Scripture References:

2 Cor 12:9-10 - 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 of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

Hebrews 13:5-6 - Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.” So we can confidently say, “The Lord is my helper; I will not fear; what can man do to me?”

Phil 4:8 - Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Ps 34

1 Tim 6:6

<https://joyfullifemagazine.com/17-bible-verses-on-contentment/>

“If you can’t love the person because of your affection for him, can you love out of your affectionate worship for the Lord?”

Group Question Prompts:

1. Can you think of a difficult relationship that you have struggled with recently or in the past? (Doesn’t require an answer).
2. What is your definition of being content in a relationship? What does that look like for you?
3. Let’s look at what the world says about “being content” - Can you think of some examples?
 1. Defining Contentment:
 1. worldly (ask opinions) vs.
 2. biblical (definition: “eudokeo” / verb): as found in 2 Corinthians 12:10 “I am well content” - think it good, well-pleased with; take pleasure.
 3. Biblical (definition “arkeo” / verb): as found in Hebrews 13:5 “be content” - to be possessed of unfailing strength; to be strong; to suffice; to be enough.
 4. Google/AI: “It is Learned: Contentment is not automatic but a discipline developed through reliance on God.”
 5. “Contentment is a state of the heart. It’s a posture that must be cultivated by humility, surrender, and repeated trust in God’s goodness and sovereignty ... At the end of the day, contentment is not an issue of circumstance, but an issue of the heart.”
4. Difficult Relationships:
 1. My Personal Examples: Parent & Ex-Spouse - both “permanent” / long-term,
 2. Unbelievers vs. Believers? Is there a difference (survey group).
 3. How are we furthering our own discontentment? (Sabotaging our contentment)
 1. Comparison

2. Control
3. Trying to be someone we aren't ?
4. Turning to others instead of the Lord
5. How can we be obedient to the Lord? (Survey group) - - fruits of the Spirit
6. What are some practical ways we can apply this to our specific situations, or in general?
 1. Practical ways to apply this - scripture & examples
 1. PRAYER - reset our hearts and minds
 2. Peace & Mindset (Choose / Determine / Decide) - (Phl 4:6-9) - memorize scripture / place scripture cards in common areas.
 3. Constantly leaning on the Lord for strength - (Phil 4:9 - practice these things)
7. Are we difficult people to love / for others to be content with?