

Lesson 5: Contentment and Kindness

1. Define contentment.

2. Read **I Timothy 6:6-10.**
 - a. What is contentment coupled with in vs. 6?

 - b. What does Paul say should be enough to bring us contentment? What is his reasoning?

 - c. What is the problem with simply desiring to be rich? List the potential consequences.

3. Read **Philippians 4:10-13.**
 - a. What does Paul say he has learned? Does he offer any limitation to this lesson? Given his life's circumstances, is this a powerful message?

 - b. What else does Paul say that he is capable of (vs 13)?

 - c. Look back at **Philippians 4:4-9.** Note the spirit of peace and contentment that seems to prevail in this passage. What does Paul say to do or not do in order to have this spirit? Does this also sound like the exercise of godliness?

MARRIAGE THROUGH THE AGES

Application Questions

1. What are stressful circumstances faced in many marriages where the level of contentment by one or both spouse will have a profound effect on whether the trying circumstance is handled in a godly manner? List as many as you can.
 2. What factors in an individual's background prior to marriage tend to have a significant influence on his or her attitude towards material things?
 1. Define kindness.
 2. Read **Colossians 3:12-14** and **Ephesians 4:31-32**.
 - a. What words or qualities are associate with kindness is these two passages?
 3. Read **Matthew 7:12**. Would the Golden Rule serve as a useful standard for kindness in our marriages? Why or why not?
 4. Read **Romans 2:4, 11:22, Ephesians 2:7** and **Titus 3:4**.
 - a. Who is said to be kind toward us?

MARRIAGE THROUGH THE AGES

- b. How has He shown this?

Application Questions

1. What role does the tongue play in exercising kindness?
 2. What makes it difficult for us to maintain kindness in a relationship?
 3. List expressions of kindness that you have received from your spouse: