

## **Meditations for the Discontent<sup>1</sup>**

1. Consider the greatness of the blessings we have compared to the relatively minor things we lack. The things we lack are usually things of this world – why struggle, asks Burroughs, over things a godless person may have?
2. Instead of fixating on what we don't have we should be meditating on all that God has given to us.
3. Consider the abundance of the mercies we enjoy. We should keep our troubles within the context of the mercies God has extended to us; when we do this they will shrink to insignificance.
4. God orders all things (Eccl. 3:1-8); why should we assume that there wouldn't be a time for trials as well?
5. Consider why we should be willing to suffer in order to serve God.
6. Consider that we have just a short time in this world compared to an eternity in Glory. Our suffering is limited to a very short time in God's economy.
7. Consider the suffering of godly people who have come before us.
8. Consider the times when God has given us all that we want and we failed to give Him glory.
9. Consider all the good God has given us even in the midst of our trials.

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<sup>1</sup>Adapted from Jeremiah Burroughs, *The Rare Jewel of Christian Contentment* (London: Sadler & Beaumont, 1651).

### Identifying Areas of Discontentment

<b>Specific Area of Discontentment</b>	<b>Root Thinking</b> <i>(what was I wanting or not wanting?); put off</i>	<b>Replacement Thinking</b> <i>(what should I think in this circumstance?); put on</i>	<b>Scriptural Basis</b>
My wife doesn't submit to me.	I want my wife to respect me because I believe I have earned her respect. I work hard for my family and they should respect me for working so much for them.	I have sinned against my wife and betrayed her trust. I have confessed my sin to her and repented before the Lord, but I understand that it takes time to earn her loving submission. I will continue to love her and lead her as Christ loved the church.	Ephesians 5:22-28