



Living with Contentment



Discover the wisdom of contentment through Proverbs 30:8-9 and learn to live a balanced, joyful life anchored in God's provision.



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Introduction

Living with contentment is a timeless biblical principle that invites us to find peace in God's provision rather than in endless pursuit of more. In our fast-paced world, it's easy to fall into the trap of discontent, always craving what we don't have. *Proverbs 30:8-9* offers a profound prayer from Agur, asking God to help him avoid extremes—neither poverty nor riches—so he might live with a heart satisfied in God's grace.

This study explores how we can embrace contentment as a lifestyle, learning not just to endure what life gives us but to rejoice in it. Contentment isn't about complacency or settling for less; instead, it's about trusting God's timing and provision, cultivating gratitude, and resisting envy and greed.

Over the next three days, we will delve into the Scriptures and reflect on practical ways to cultivate a content heart. Through wisdom from Proverbs and other biblical truths, you will be encouraged to live a life free from the anxiety of wanting more and instead grounded in the joy of what God has already given you. Let this study guide you into a deeper relationship with God, where true contentment thrives.





Day 1: 🌿 The Heart of Contentment



Your Verse

Proverbs 30:8-9 "Keep falsehood and lies far from me; give me neither poverty nor riches, but give me only my daily bread."

Supporting Scriptures

- *Philippians 4:11 - "I have learned to be content whatever the circumstances."*
- *1 Timothy 6:6-8 - "Godliness with contentment is great gain."*



Day 1: 🌿 The Heart of Contentment

Devotional: Trusting God for Daily Provision

Proverbs 30:8–9 is a humble prayer asking God to keep us from extremes that could cause us to lose sight of what truly matters. The writer asks to be kept from both poverty, which might lead to desperation, and riches, which might bring temptations and pride.

Contentment begins in the heart, a deep trust that God will provide exactly what we need today. *Paul's words in Philippians 4:11* remind us that contentment is a learned attitude—a spiritual discipline we grow into through experience and faith.

Recognizing that having “enough” is a blessing helps us embrace gratitude, not greed. It frees us from comparing ourselves to others or chasing after wealth that can never fully satisfy. Instead, we focus on God's provision for daily needs, finding peace in that provision.



Reflect and Apply

1. What areas of your life are you currently struggling to feel content in?

2. How does asking God for 'daily bread' change your perspective on needs versus wants?

3. In what ways can extreme wealth or poverty challenge your faith and contentment?



Journaling Prompts

1. List three things God has provided for you today that you often take for granted.

2. Write about a time when you felt truly content despite difficult circumstances.

3. Reflect on your current view of wealth and possessions—how does it align with God’s Word?



Day 1: 🌿 The Heart of Contentment

Prayer for Today

Lord, thank You for Your faithful provision. Help me to trust You daily for my needs and resist the temptations of greed or despair. Teach me to live with a content heart, finding joy in what You give and peace in Your presence. May I never forget that true riches are found in You. *Amen.* 🙏 📖 🌿 ✨





Day 2: 💡 Wisdom to Avoid Envy and Greed



Day 2: 💡 Wisdom to Avoid Envy and Greed

Your Verse

Ecclesiastes 5:10 "Whoever loves money never has enough; whoever loves wealth is never satisfied with their income."

Supporting Scriptures

- *Hebrews 13:5 - "Keep your lives free from the love of money and be content with what you have."*
- *Luke 12:15 - "Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions."*



Day 2: 💡 Wisdom to Avoid Envy and Greed

Devotional: Guarding Against Greed and Envy

Greed and envy are subtle traps that can steal our contentment without us realizing it. *Ecclesiastes 5:10* warns us that loving money leads to insatiable cravings that can never be fulfilled. The constant longing for more dims the joy of what we already possess.

Instead, the Bible continually calls us to guard our hearts against such desires. **Hebrews 13:5** encourages us to live free from the love of money, knowing that trusting God fully is the key to contentment. Jesus himself warned in *Luke 12:15* that real life is not measured by possessions but by our relationship with God.

Facing this truth requires honest self-examination. Are we captivated by the pursuit of wealth or driven by comparison with others? God invites us to break free from this cycle by seeking Him first and valuing what is eternal over what is temporary.



Day 2: 💡 Wisdom to Avoid Envy and Greed

Reflect and Apply

1. In what ways has comparison to others affected your sense of contentment?

2. How can focusing on eternal values change your perspective on possessions?

3. What practical steps can you take to guard your heart from greed?



Day 2: 💡 Wisdom to Avoid Envy and Greed

Journaling Prompts

1. Write about a time when greed or envy interrupted your peace.

2. List ways you can shift your focus from material things to spiritual things.

3. Identify one habit or thought pattern you want to change to grow in contentment.



Day 2: 💡 Wisdom to Avoid Envy and Greed

Prayer for Today

Father, teach me to reject envy and greed. Help me to find my worth and satisfaction in You alone, not in what I have or what others possess. Strengthen my heart to appreciate Your blessings and to seek first Your kingdom. Guard me from the traps of comparison and greed, and fill me with Your peace. *Amen.* ❤️ 🛡️ 🙏 ✨





Day 3: ✨ Contentment as a Lifestyle Choice



Day 3: ✨ Contentment as a Lifestyle Choice

Your Verse

1 Timothy 6:6-9 "But godliness with contentment is great gain. For we brought nothing into the world..."

Supporting Scriptures

- *Matthew 6:33 - "Seek first his kingdom and his righteousness, and all these things will be given to you as well."*
- *Psalms 37:4 - "Take delight in the LORD, and he will give you the desires of your heart."*



Devotional: Choosing Contentment Every Day

Contentment is more than a feeling; it is a deliberate way of living. Paul reminds Timothy that godliness combined with contentment leads to great gain, far surpassing earthly wealth. Because we came into this world with nothing and will leave with nothing, our focus must be on eternal riches.

Matthew 6:33 teaches us to prioritize God's kingdom above all else, promising that our needs will be met as we do so. When we delight in the Lord, as *Psalms 37:4* encourages, our desires become aligned with His, bringing satisfaction that no earthly possession can match.

Choosing contentment daily means surrendering control, trusting God's plan, and embracing simplicity. It transforms how we handle challenges and blessings alike, leading to a rich and joyful life focused on what truly matters.



Reflect and Apply

1. How can you intentionally choose contentment in your daily life?

2. What does it mean to delight in the Lord, and how does that impact your desires?

3. In what ways does seeking God's kingdom first influence your perspective on possessions?



Journaling Prompts

1. Reflect on how your priorities might change if you sought God's kingdom first.

2. Write a personal plan to practice contentment in your routine and decisions.

3. Describe how delighting in the Lord has brought peace or satisfaction to your heart.



Day 3: ✨ Contentment as a Lifestyle Choice

Prayer for Today

Lord Jesus, help me to make contentment a daily choice rooted in godliness. Teach me to seek Your kingdom first and align my desires with Yours. May I find joy in Your presence and trust Your provision. Strengthen me to live simply and richly in Your grace today and always. *Amen.* ✨ 🙏 ❤️ 📖





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