

## 01-14-24 FOR THE JOURNEY THIS WEEK

“To be content is quite counter-cultural. Our culture has defined us as ‘consumers,’ and we are constantly being bombarded with what we need next. Contentment is about what we have now.”

- *Curtis Almquist*



Philippians 4:4, 11-13 ✠ Luke 14:25-27, 33

### Questions for Reflection —

- What is the role of material possessions in your life? What possessions would you find it difficult to live without? What values and priorities are reflected in what you own? In what ways have you fallen into patterns of materialism and consumerism that pervade our society? In what ways does your Christian discipleship affect your attitude towards your possessions? What might help you to be more grateful for and more generous with your possessions?
  
- What, for you, is the definition of contentment? In what aspect(s) of your life have you struggled to be content? About what presently do you tend to worry or complain? What external circumstances threaten to disrupt your sense of contentment? What does it mean to choose to be content despite external circumstances? What will enable you to make such a choice?
  
- When in your life have you experienced deep contentment? What was the source of your contentment? What does it look like for you to rejoice in the Lord always? What does it mean to you to be content in Christ? What is the sunshine in your soul today? How can you share that sunshine with someone else?

### Daily Household Prayer (For the World and Its Peoples)

Oh God, you are the hope of all the ends of the earth, the God of the spirits of all flesh. Hear our humble intercession for all races and families on earth, that you will turn all hearts to yourself. Remove from our minds hatred, prejudice, and contempt for those who are not of our own race or color, class or creed, that, departing from everything that estranges and divides, we may by you be brought into unity of spirit, in the bond of peace Amen