

# Selfless

## Grateful In The Grind (Week 4)

### LifeNotes

## TALK IT OVER

#### Main Idea

We can be grateful in the grind knowing His purpose is in the process.

#### Key Scriptures

*So whether you eat or drink or whatever you do, do it all for the glory of God.*

1 Corinthians 10:31

*... for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.”* Philipippians 4:11-13

*Don't look for shortcuts to God. The market is flooded with surefire, easygoing formulas for a successful life that can be practiced in your spare time. Don't fall for that stuff, even though crowds of people do.*

Matthew 7:15 MSG

*Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it.”*

Matthew 16:24-25

*“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?” ... “But seek first his kingdom and his righteousness, and all these things will be given to you as well.”* Matthew 6:25, 33

*“However, I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me—the task of testifying to the good news of God's grace.”* Acts 20:24

**Success is contentment in the purpose of the process.**

#### Obstacles to success:

- The Pillow: the seduction of comfort
- The Shiny: the allure of distractions
- The Towel: the temptation to quit

#### Start talking.

- How can work be the reward?
- How can the prize be in the process?
- Describe when you have seen someone be grateful in the grind.

#### Start thinking.

- Read 1 Corinthians 10:31. Should Paul be taken literally?
- Read Philipippians 4:11-13. How would you define “content”? How did Paul learn to be content?
- Read Matthew 7:13 and Matthew 16:24-25. Why are shortcuts so tempting? How are the words of Jesus contrary to the world's view?
- Read Matthew 6:25, 33. Why are the concerns of our daily life often overwhelming? Verse 33 offers a solution. What is it?
- Read Acts 20:24. How does Paul's laser-like focus on his purpose lend itself to experiencing contentment?

#### Start sharing.

- Which of the three obstacles are most tempting?
- Under what circumstances have you been most content?
- What would need to change for you to be “grateful in the grind”?

#### Start doing.

- Scripture invites us to, “take every thought captive and bring under obedience to Christ.” List through limiting beliefs that keep you from experiencing contentment.
- For each limiting belief, replace it with a truth from scripture.
- Before you get out of bed for the next week, commit to listing 5 things you are thankful for that day.

#### Closing prayer.

Jesus teach me what it is to be content in all circumstances. Lord give me the strength to resist the Pillow, the Shiny, and the Towel. Help me Lord to set my eyes on things above; on your unending purpose in my life. Jesus create in me a joyful heart that rejoices in you and celebrates your purposes in all of my life's ups and downs. To you be the glory!