

**GROW. PRAY. STUDY.**

**First United Methodist Church - Weekly Study Guide**  
*"Equipping people in becoming deeply committed Christians "*

***Five Simple Truths About LIFE***  
**Finding Contentment in a World Built for Greed**  
**January 25-29**

Yesterday we continued our sermon series, "Five Simple Truths about Life," by looking at how the world encourages a spirit of greed and how we, as people of faith, are called to be content. God has designed us to be content with what we have and not to spend our lives hoarding "things." The reality is "things" are not necessarily bad.....rather it is when we make "getting them" more important than anything else in our lives that it becomes an unholy thing.

All of us can think of a time when we have allowed ourselves to become so focused on obtaining something that we lost our focus on what was really important. Sometimes we lose focus on our jobs, our families....but most of the time our pursuit of "stuff" causes us to lose focus on our relationship with God. We don't stop believing in God.....we just allow other things to become more important than our relationship with God. And when this happens things quickly get out of control.....because we are suddenly living contrary to how God designed us to live.

This week, as you work through your daily readings, spend some time thinking about where your focus and energy is.

**Monday**

Paul wrote these verses from a prison cell—but even there, he says, he has learned how to be content. Think back on the times of 'need' and 'plenty' in your life. When have you struggled to find contentment? What seems to help you find it?

**READ Philippians 4:11-13**  
**Pray the Wesleyan Covenant Prayer**

**Tuesday**

We're trained to want instant gratification, but this psalm stresses God's steadfast love through the generations. Are there instances of God's love and faithfulness in the history of your family? Have you experienced God's love and faithfulness in your own life?

**READ Psalm 100:1-5**  
**Pray the Wesleyan Covenant Prayer**

## **Wednesday**

Do you know anyone who seems to be in a constant state of praise, someone who is thankful for everything? What do you think accounts for this? What keeps you from 'making music in your heart' to the Lord every day? How might you change that?

**READ Ephesians 5:19-20**  
**Pray the Wesleyan Covenant Prayer**

## **Thursday**

Who are some of the people you are grateful for? Who has inspired you? How have they helped and blessed you? If possible, find a way to thank those persons, and thank God for them today.

**READ 1 Thessalonians 1:2-3**  
**Pray the Wesleyan Covenant Prayer**

## **Friday**

How does this beautiful poetic picture of contentment speak to your feelings about your life? What do you spend the most time thinking about, day-to-day? In what areas do you want to learn a greater trust in God's unfailing care for you?

**READ Psalm 131:1-3**  
**Pray the Wesleyan Covenant Prayer**

## **Saturday**

Today we will be reading the passage we will deal with in worship tomorrow. As you read this Scripture pray that God cleanse your heart and prepare you for worship tomorrow.

READ Ecclesiastes 2:9-11, Matthew 16:24-27, Matthew 5:3

***I invite you to pray the following prayer:***

*Dear God,*

*As I read this passage today help me do so with an open heart, sincerely listening for your voice in my life. Use this passage to prepare me for worship tomorrow. As I read it help me to set aside my own agenda and my own desires so that I may come to worship tomorrow prepared to be molded by you as I continue my journey to becoming a deeply committed disciple of yours. In Christ's name I pray, AMEN*

Here at FUMC we believe part of becoming a Deeply Committed Christians is praying daily. If you find yourself struggling with what to say, we suggest you try praying Wesley's Covenant Prayer.

***A Covenant Prayer in the Wesleyan Tradition***

I am no longer my own, but thine.

Put me to what thou wilt, rank me with whom thou wilt.

Put me to doing, put me to suffering.

Let me be employed by thee or laid aside for thee,

exalted for thee or brought low by thee.

Let me be full, let me be empty.

Let me have all things, let me have nothing.

I freely and heartily yield all things to thy pleasure and disposal.

And now, O glorious and blessed God, Father, Son, and Holy Spirit

thou art mine, and I am thine. So be it.

And the covenant which I have made on earth,

let it be ratified in heaven. AMEN

(United Methodist Hymnal, p. 607)