

February 13th- 19th

Starving or Satisfied?

In this lesson you will learn three ways to live a satisfied life.

Intro: What do you do when you have a desire that cannot be met, or has a due date that requires you to wait for it? Wanting more leads to the problem of never enough. People are obsessed with getting more. The acquisition of more will not satisfy or satiate the desires of the heart. Either we will control our desires, or our desires will control us. We can choose to live in one of two states; a state of contentment or discontentment. If we live in discontentment, we will always live in a mode of starvation. If we choose to live in contentment, we can live grateful and appreciative of God's goodness in our lives in a state of satisfaction.

I. A Satisfied Life Requires Patience

- A. Love is patient (1 Cor 13:4). You can wait for that desire to be fulfilled. While you are waiting, you can become a better person as God develops your character. Passion without patience leads to unnecessary consequences and impulsive decisions. The right passion expressed in the wrong way can cost you your destiny. How we wait determines whether or not we will be ready for what or who we are waiting for. Don't wait with a bad, starving attitude. Go through the process because God is doing something in you before you arrive at your destination.

II. A Satisfied Life Requires Vision

- A. Without a vision people will cast off restraint (Prov 29:18). When people don't know why they should wait, or what they are waiting for, they won't wait. It's hard to wait for dinner when you don't know what's for dinner, and there are many free desserts around you. What is your vision? Do you have a vision for your marriage one day? Write out your vision and make a clear plan with a list for your marriage. You don't have to be married to the list, but be open to God changing some things on it. Who you are becoming is much more important than what you are doing. As you write out your vision, make sure to make it clear so you recognize when it is fulfilled (Hab 2:2).

III. A Satisfied life Requires Self-Control

- A. The Holy Spirit gives us the fruit of self-control in our lives (Gal 5:16). Esau did not know how to wait or control his desires. So, he traded his birthright for a bowl of stew. Self-indulgence means to use no restraint over your feelings or desires. Self-indulgence leads to self-destruction. We need to be focused on the future instead of consumed with the present. As we manage our passions, desires, and emotions with the help of the Holy Spirit, we can learn to be led by God instead of our feelings. Don't rent out your head space or your mind to your cravings. Freedom is going without whatever you crave and being totally fine with it.

Discussion Questions

1. Are you waiting with a good attitude for your dreams to be accomplished?
2. Have you written down a clear, precise vision for your future?
3. Are you exercising self-control over your passions and cravings?