



Daily Bible readings, a memory verse and a prayer for individual contemplation
Weekly worship song, reflection and small group questions

CONTENT:

Sunday 12 Sept	Week 2	Learning to be content in all circumstances
Sunday 19 Sept	Week 3	Heal the wounds of my people
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Sunday 12 September
Week 2
 LEARNING TO BE CONTENT IN ALL
 CIRCUMSTANCES

BIBLE READING:

Sunday 12 September Habakkuk 3: 15-19, John 7: 37-44 Philippians 4:8-11

Philippians 4:11b-13 Learning to be content with the circumstances

"11 ... I have learned to be content whatever the circumstances. 12 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. 13 I can do all this through him who gives me strength."

PRAISE AND WORSHIP:

 **Let's worship our God with the following You Tube song: "Lord, I Give You My Heart"**
 Hillsong - Song of Praise and Worship <https://www.youtube.com/watch?v=FHMjhz8aHTw>

Reflection

by Rev Gavin Landers

The promise of contentment is offered in Philippians 4:11-13; a contentment that is untouched by circumstance; a contentment wrapped up in God. And so, through life's varying circumstances – favour or misfortune, health or sickness, peace or conflict, plenty or little, I am to dare to reach for the possibility of living out that moment being content.

One word of clarification on being content - contentment is active; it is not a resignation or a detachment to life. It is participative – we live into contentment.

One opportunity I had to grow in contentment in God in my early 20's. I was in church before a service and saw someone that grew up in the church enter with his friends. He had not been in church for many years. After the service, he spoke to the minister who then asked a few others and I to meet with these four people and, after meeting with them, to then go back to the flat with these people and pray God's presence and blessing into the flat.

As we sat with them, we heard a story of the chaos of evil. These four youngsters had been messing around with the occult and their flat was full of the presence and activity of evil - haunting laughter, shadows, banging doors, weird happenings. The flatmates lived in fear.

Entering into the flat, was not something I wanted to do. I am not one to dwell on the spiritual realm – I believe in keeping innocent and naïve about evil, choosing rather to focus on God and life lived with God.

As I left that flat and travelled home, I found myself checking that all the doors were locked. When I got home, I could not close the gates quick enough and lock the door. In my exposure to evil, I had traded contentment for fear. I was unnerved and uncomfortable. I remember thinking back at the foolishness of trying to protect myself physically from the evil spiritual realm. That night, I fought and wrestled with evil; praying for God's presence to be close until I was left in peace and was at rest in the security of a powerful God.



Eph 1:21 reminds us that "*Christ is far above all rule and authority and power and dominion, and above every name that is named ... all things are under His feet.*" Our victory over evil is in the cross of Christ, for it was there that God "*disarmed the principalities and powers*" (Col 1:20) and it is by the blood of the Lamb that we are able to conquer the accuser (Rev 12:10). We confront and defeat evil by keeping ourselves within the love of God, being strong in Christ and being filled with the Holy Spirit. We defeat evil as we live our daily lives by remaining in God, a surrendering and the offering of our lives as living sacrifices in his service – seeking his love and strength.

It is as we live out these Scriptures that we are given an assurance that there is no evil to fear. It is then that we can say with Paul, "*I'm learning to be quite content whatever my circumstances. I'm just as happy with little as with much, with much as with little. I've found the recipe for being happy whether full or hungry, hands full or hands empty. Whatever I have, wherever I am, I can make it through anything in the One who makes me who I am*". Amen

SMALL GROUP QUESTIONS:

1. Recall one or two moments in your past where contentment was traded for a lesser reality. When last did you find yourself stripped of contentment?
2. Is your journey of growing and actively participating in a life that is content on track – is there progress?



3. How has God ministered to you and given you strength in times where contentment has been stripped from you?
4. Read Romans 8:28-39. Use it in prayer for yourself and for those you love.

DAILY BIBLE READING:

MONDAY

Memory Verse: 2 Cor. 12:9-10 “And He has said to me, ‘My grace is sufficient for you, for power is perfected in weakness’ ... Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ’s sake; for when I am weak, then I am strong.”

Prayer: Father, give me your strength to be content. **Amen**

TUESDAY

Memory Verse: Romans 8:28 “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

Prayer: Father, give me boldness in my belief that you desire, plan and work for my good in this world. **Amen**

WEDNESDAY

Memory Verse: Job 36:11 “If they obey and serve him, they will spend the rest of their days in prosperity and their years in contentment.”

Prayer: Father, receive these acts of love (name them) expressed in obedience and service. **Amen**

THURSDAY

Memory Verse: Proverbs 19:23 “The fear of the Lord leads to life; then one rests content, untouched by trouble.”

Prayer: Father, may I rest in the knowledge that You are in control, even when I can’t make sense of my personal circumstances. **Amen**

FRIDAY

Memory Verse: Psalm 34:10b “Those who seek the Lord lack no good thing.”

Prayer: Father, give me faith to know that all things find their correct place under You. **Amen**

SATURDAY

Memory Verse: Proverbs 30: 7-9 “Two things I ask of you, O Lord; do not refuse me before I die: Keep falsehood and lies far from me; give me neither poverty nor riches but give me only my daily bread.”

Prayer: Keep me secure in Your presence and truth O Lord. **Amen**



It is important for parents to take time to lead the conversations of family time and to be honest with their children in these conversations.

BY JENNY BLAKE – CHILDREN’S PASTOR
jennyb@bmc.org.za

Sunday 12th September

Pray daily: Set up family time for prayer and devotions and stick to this arrangement. All devotions should always begin by with a prayer. Ask a family member to pray or one of the children.

Scripture Reading: Philippians 4:8-11

Allow children/teens to read out loud for the family.

Activity/Family Moment:

Focus on verse 9 'Whatever you have learned or received or heard from me or seen in me—put it into practice.'

If you have little children play Simon says. The reason for this game is that Jesus gives us instructions and we should try follow them as best as we can.

If you have older children why not share your testimony, if they already know it, share something that you have always remembered and were positively affected by from when you were at children's church or as an adult. For example, maybe your teacher said something to you that really helped you or how someone treated you and how it made you feel.

Ask your children their testimony, or a time when they just knew Jesus was in control.

You could also ask if they ever learnt something at church and put it into practise. How did it go? How did it feel? What was the result?

Simon says...



- Bend your knees
- Bow
- Clap your hands
- Clap your knees
- Climb the stairs
- Close your eyes
- Cross your arms/legs
- Dance
- Freeze
- Give yourself a hug
- Hop on your left/right foot
- Jump
- Laugh
- Make a funny face
- Move forward/back one step
- Move like a robot
- Open your mouth
- Play the air- guitar
- Pretend to sit in a chair
- Put your hands on your hips
- Put your hands on your shoulders
- Put your hands on your stomach
- Put your thumbs up
- Raise your left/right arm
- Reach for the sky
- Roll your eyes
- Shake your body
- Shake your head
- Shake your left/right foot
- Sing a song
- Smile
- Snap your fingers
- Stamp your feet
- Stand on your left/right foot
- Stand on your toes
- Stick your tongue out
- Swim
- Touch your elbow
- Touch your mouth
- Touch your nose
- Touch your toes
- Turn around
- Walk on the spot
- Wave goodbye
- Wave with your left/right hand
- Wiggle your fingers