Practicing Contentment Mini Bundle



Welcome To Blissful-Faith!

Thank you for downloading the Practicing Contentment Mini Bundle. This guide was designed so that you can know that you can be content through every phase of life even the phases that are less favorable.

In this bundle:

Scripture Reading Plan

Contentment Habit Tracker

Prayer Starter Prompts

Gratitude Worksheet

Self-Reflection Prompt

-Devyn Janae

Blissful-Faith.com

Always remember you're destined to win because He got up!

SELF-REFLECTION:

Practicing Contentment

Contentment means to be secure in trusting God because you know who He is and you are in Him. It means that you have internal satisfaction and you value the things that are unseen more than the things that are seen. Contentment doesn't come to us naturally so we have to practice it.

Instructions: Answer the following questions as honestly as if God was asking them. These questions are meant to help you understand where you are when it comes to contentment.

1. How do you show God that you trust Him for what you need?

2. Do you find yourself comparing yourself to others? When does this occur the most?

3. Why are you not happy? Is it based solely on what you lack or where you are in life?

4. How do you react when you don't get what you want?

5. Do you believe God owes you for the pain you've experienced? Why/Why not?



Did you know that it's possible to be unhappy and content? The place you're in is temporary plus your emotions are designed to be your indicators. You don't have to allow them to dictate your mood. Command them to shift by speaking God's word over your life.

Prayer Starters: Practicing Contentment

Prayer is our direct connection to God. It's important that we pray because of who we are and our position on the earth. These prayer starters are designed to help you pray when you don't really know where to start or what to pay for.

DISCLAIMER: Allow the Holy Spirit to lead you always.



Dear God,
Teach me how to delight myself in you so that you can give me the desires of your heart.

Psalm 37:3-5



Lord Jesus,
Help me to recognize when I'm coveting, comparing, or lusting after something.

Luke 12:15



Father God,
You said that I can cast my cares unto you so here I am..

Psalm 55:22



Jesus,
Teach me to value the things that are unseen more than the things that are seen

2 Corinthians 4:18



Dear God,
Show me what it's like to be free in you.

1 Timothy 6:6-7



Lord,
Thank you for allowing your joy to be my strength.

Nehemiah 8:10



30 DAY
Contentment Tracker



MONTH: _____

GOAL: _____

_____

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Scripture Reading Plan

№	TOPIC: CONTENTMENT	✓
1	1 Timothy 6:6-7	
2	Hebrews 13:5	
3	Psalm 37:3-4	
4	Matthew 6:33	
5	1 Corinthians 7:17	
6	Matthew 6:33	
7	Luke 12:24	
8	Nehemiah 8:10	
9	Philippians 4:12-13	
10	Luke 12:15	
11	Proverbs 16:8	
12	Psalm 55:22	
13	Romans 14:17	
14	Proverbs 14:14	

SHIFTING TO Gratitude

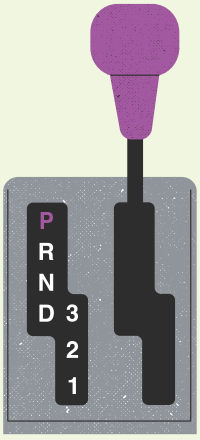
Today's Affirmation:

7 Reasons To Thank God (Tell Him Out Loud):

7 Things You are Grateful For:



The number 7 is the number of completion. My prayer is that as you continue to shift your focus to what you're grateful for and the positives that are happening in your life...you will become completely grateful for what God is allowing you to experience.



Thank you Bestie

FOR INVESTING IN YOUR AUTHENTIC SELF. YOU ARE LOVED AND THE VERY SPIRIT OF GOD LIVES WITHIN YOU. NEVER FORGET THAT YOU ARE DESTINED TO WIN BECAUSE HE GOT UP!

OUR MISSION IS TO ENCOURAGE YOU TO BE YOUR AUTHENTIC SELF AND WALK HAND IN HAND WITH YOUR BESTIE FOREVER, JESUS CHRIST

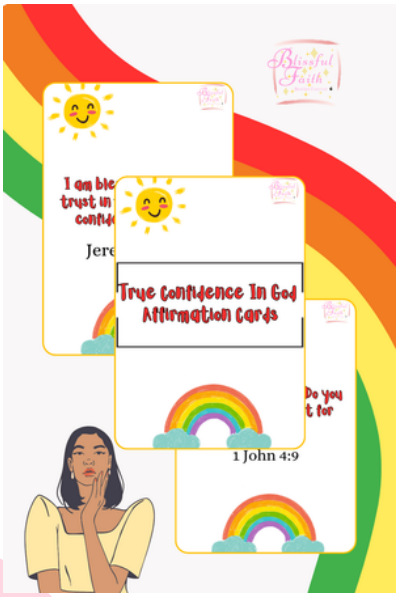
CHECK OUT WHAT ELSE WE HAVE TO OFFER:



DEVOTIONS WITH DEV



GUIDED MEDITATIONS



CONFIDENCE AFFIRMATIONS