



## MAIN SCRIPTURES

- Psalms 30:1-6; 2 Cor. 7:9-10
- 1 Timothy 6:6-7; Phil. 4:11

## SURRENDER MY FEELINGS

- Surrender Regrets
- Practice Contentment

## FOUNDATIONAL SCRIPTURES:

“Beloved, now we are children of God. **It is not yet revealed what we will be; but we know that when He is revealed, we will be like Him**, for we will see Him just as He is.” 1 John 3:2 WEBUS

“**Sing praise to Yahweh, you saints of his. Give thanks** to his holy name. For **his anger is but for a moment. His favor is for a lifetime. Weeping may stay for the night, but joy comes in the morning.** As for me, I said **in my prosperity, “I shall never be moved.”**” Psalms 30:4-6 WEBUS

“**I now rejoice, not that you were grieved, but that you were grieved to repentance. For you were grieved in a godly way**, that you might suffer loss by us in nothing. **For godly sorrow produces repentance** leading to salvation, **which brings no regret.** But the sorrow of the world produces death.” 2 Corinthians 7:9-10 WEBUS

“But **godliness with contentment is great gain.** For we brought nothing into the world, and we certainly can’t carry anything out.” 1 Timothy 6:6-7 WEBUS

“Not that I speak because of lack, for **I have learned in whatever state I am, to be content in it.**” Philippians 4:11 WEBUS

## **INTRODUCTION:**

*Cease resistance; abandon control of your life entirely, and come into complete submission to God. That’s what it means to surrender. When Y’shua returns, some of you will be like Him. And for that transformation to occur, it requires that you surrender regrets and practice contentment.*

*Pray this without ceasing: “Yahweh, I know moments of grief, sadness, sorrow, dejection, and disappointment are natural experiences in life, but they should be temporary. I acknowledge and feel them, but won’t wallow in them. I will live a life without regrets. I can imagine standing before the throne of grace and giving an account of my life; and if that were to happen at this very moment, I should be living without any regrets. If what I am already doing must change because of new information, I am currently doing the wrong thing. What I think I should do now because of what I just heard, I should already be doing. That’s what it looks like to “Seek first the Kingdom of God.” Today, God, I practice contentment: to pursue Your will—the desire to please You in every area of life: spirit, soul, and body. This is what it means to be godly. And to be godly is all that is needed to feel completely satisfied—*

*utterly content. Contentment is always within my grasp because my pursuit of God is always within my control. This yields the fruit of acceptance of any circumstance with joy because of my unwavering trust that “godliness with contentment is great gain.”*

*Whoever won't surrender their regrets and practice contentment simply won't become like Him.*

SURRENDER THAT I DESERVE TO FEEL THIS WAY!

## **1. Surrender My Feelings**

### **A. Surrender Regrets**

- (1) **Introduction:** Moments of grief, sadness, sorrow, dejection, and disappointment are natural experiences in life, but they should be temporary. Acknowledge and feel them, but don't wallow in them.
  - (a) Live a life without regrets. Imagine standing before the throne of grace and giving an account of your life; if that were to happen at this very moment, would you have any regrets?
  - (b) If what you are already doing must change because of new information, you are currently doing the wrong thing. What you think you should do now because of what you just heard, you should already be doing. That's what it looks like to “Seek first the Kingdom of God.”

1. **“Sing praise to Yahweh, you saints of his. Give thanks to his holy name. For his anger is but for a moment. His favor is for a lifetime. Weeping may stay for the night, but joy comes in the morning.** As for me, I said **in my prosperity, “I shall never be moved.”**” Psalms 30:4-6 WEBUS

- a) At each moment in life you are evaluating how you feel about things, even if subconsciously.
- b) But for this exercise, be deliberate about it.
  - 1) Are you currently content or living with regrets?
  - 2) If you have regret, is it circumstantial?
  - 3) If you are content, is it circumstantial?
- c) Regret vs. Contentment
  - 1) Do you recognize that, “Grief, sadness, sorrow, dejection, and disappointment are momentary, and joy is just around the bend?”
  - 2) Are you joyous only when you are prospering, or unaffected by immediate circumstances?

## **(2) A life without regrets...**

(a) ...is a life lived in the fear of God!

1. **“Having therefore these promises, beloved, let’s cleanse ourselves from all defilement of flesh and**

**spirit, perfecting holiness in the fear of God.” 2**

Corinthians 7:1 WEBUS

- a) Consider who you are and what is available to you as a child of God, and let those ideas empower and inspire the life you live.
- b) The promises to which Paul refers, should you receive them, assure a holy life of no regrets.

- 1) *“What agreement does a temple of God have with idols? For **you are a temple of the living God.** Even as God said, **“I will dwell in them and walk in them. I will be their God and they will be my people.”** Therefore **“Come out from among them, and **be separate,**’** says the Lord. **‘Touch no unclean thing. I will receive you. I will be to you a Father. You will be to me sons and daughters,**’ says the Lord Almighty.”” 2*

Corinthians 6:16-18 WEBUS

- (b) In his second letter to the Corinthians, Paul reflected on his harsh rebukes from his first letter...

1. **“Great is my boldness of speech** toward you. **Great is my boasting** on your behalf. **I am filled with comfort.** I overflow with joy **in all our affliction.” 2**

Corinthians 7:4 WEBUS

- a) He knew it had the impact he had hoped for.
  - 1) Paul was open to facing every trial in his ministry, and his willingness was fueled by the fruit of his work.
- b) He knew that what he wrote to them was hurtful; it must have been; he pointed out their very heinous practices.
- c) Sure, it was hard to do, and it was hard for them to hear, but in the end, he had no regrets.
  - 1) ***“For though I grieved you with my letter, I do not regret it, though I did regret it. For I see that my letter made you grieve, though just for a while.”*** 2 Corinthians 7:8 WEBUS
- (c) “Grief, sadness, sorrow, dejection, and disappointment are momentary, and joy is just around the bend.”
  - 1. **“I now rejoice, not that you were grieved, but that you were grieved to repentance. For you were grieved in a godly way, that you might suffer loss by us in nothing. For godly sorrow produces repentance leading to salvation, which brings no regret. But the sorrow of the world produces death.”** 2 Corinthians 7:9-10 WEBUS

- a) Paul is overjoyed, not because he caused them momentary grief, but because his godly rebuke inspired godly repentance.
- b) It changed them in a godly way, and that temporary grief comes with NO REGRETS!
- c) **Outcome:** They can now defend their current behavior because they are living pure lives, **also with no regrets** (how they should have already been living)!
  - 1) *“For behold, **this same thing, that you were grieved in a godly way, what earnest care it worked in you.** Yes, what defense, indignation, fear, longing, zeal, and vindication! **In everything you demonstrated yourselves to be pure in the matter.**” 2 Corinthians 7:11 WEBUS*

**(3) Imagine standing before the throne of grace and giving an account of your life.** *(A pastoral view of Hebrews 3 & 4)*

- (a) If you were standing before the throne at this very moment, would you have any regrets?
  - 1. **“Beware, brothers,** lest perhaps there might be in any one of you **an evil heart of unbelief, in falling away from the living God;** but exhort one another day by day, so long as it is called “today”, **lest any one of**

**you be hardened by the deceitfulness of sin.** For we have become partakers of Christ, **if we hold the beginning of our confidence firm to the end,** while it is said, **“Today if you will hear his voice, don’t harden your hearts, as in the rebellion.”** Hebrews 3:12-15 WEBUS

- a) Lest you be hardened by the deceitfulness of sin...
  - 1) Today is all you have... yesterday is gone, and tomorrow never comes (because when tomorrow arrives, it is already today again!).
  - 2) The context of this passage for this message is to live your life today, without any regrets.
  - 3) The lure to return to sin begins when you place your faith in the background of your life and make your relationship with God a low priority (or no priority).
  - 4) That’s what *the deceitfulness of sin* causes!
  - 5) Don’t be a rebel—God is speaking to you this very day—heed His voice.

(b) Identifying Rebels (“*Regretters*”)

- 1. “For **who**, when they heard, rebelled? Wasn’t it all those who came out of Egypt led by Moses? With whom was he displeased forty years? Wasn’t it with

those who sinned, whose bodies fell in the wilderness? To whom did he swear that they **wouldn't enter into his rest**, but to those who were disobedient? **We see that they weren't able to enter in because of unbelief.**" Hebrews 3:16-19 WEBUS

- a) A life lived without trust in Yahweh (is a life of regret)...
  - 1) In this case, **the object lesson** for trusting in the Lord is to enter His rest when He says, "Today, enter My rest!"
- b) Specifically, in the passages to follow, the lesson points back to Israel, as they traversed the wilderness for one year.
  - 1) Then they arrived on the shore of the Jordan, the Promised Land on the other side.
  - 2) The mission with the 12 spies ensued for 40 days, and the people rebelled by believing the words of the 10 spies who brought back a bad report, instead of trusting in Yahweh (and Joshua and Caleb's good report).
  - 3) The people rebelled and chose NOT to enter the Promised Land (Yahweh's rest)—a very regrettable decision for sure!

- 4) Soon we will see how the writer of Hebrews equates that Promised Land rest to the Sabbath day which God created for our rest, and commanded we obey and enter each week.
  - 5) When we don't enter His rest (Sabbath), it is a sign of unbelief—an indication that we don't trust Yahweh.
- c) For our purposes (understanding regret), anything God commands that we're unwilling to obey is the equivalent of not entering into His rest (promises).
- (c) When you doubt God's promises, it always leads to regret...
1. **“Let's fear therefore, lest perhaps anyone of you should seem to have come short of a promise of entering into his rest.** For indeed we have had **good news preached to us**, even as they also did, but **the word they heard didn't profit them, because it wasn't mixed with faith by those who heard.”**  
Hebrews 4:1-2 WEBUS
- a) Anytime we fall short by disobeying God, it is an indication we lack faith.
  - b) **The Regret:** we lose out on the full benefits of God's promises.

(d) Those who believe and obey never have regrets...

1. **“For we who have believed do enter into that rest,** even as he has said, “As I swore in my wrath, they will not enter into my rest;” although the works were finished from the foundation of the world. **For he has said this somewhere about the seventh day, “God rested on the seventh day from all his works;”** and in this place again, “They will not enter into my rest.””

Hebrews 4:3-5 WEBUS

a) Here, the writer transitions his faith message by making the comparison to keeping the Sabbath Day—the seventh day of the week—and how not doing so places one at risk of not entering His rest (obeying God) in other areas of life.

1) The translation has an almost sarcastic flare—  
*“He said somewhere about the Seventh day.”*

b) Of course, the writer knows precisely where...

1) **“On the seventh day God finished his work which he had done; and he rested on the seventh day from all his work which he had done. God blessed the seventh day, and made it holy, because he rested in it from all his work of**

*creation which he had done.” Genesis 2:2-3*

WEBUS

- c) And the writer knows the precise command.
  - 1) ***“Observe the Sabbath day, to keep it holy, as Yahweh your God commanded you.”***  
Deuteronomy 5:12 WEBUS (also in the Ten Commandments in Ex. 20:8)
- d) And the writer knows the seriousness of obedience and the many regrets that follow disobedience.
  - 1) *“Yahweh spoke to Moses, saying, “Speak also to the children of Israel, saying, ‘**Most certainly you shall keep my Sabbaths; for it is a sign between me and you throughout your generations, that you may know that I am Yahweh who sanctifies you. You shall keep the Sabbath therefore, for it is holy to you.** Everyone who profanes it shall surely be put to death; for whoever does any work therein, that soul shall be cut off from among his people. **Six days shall work be done, but on the seventh day is a Sabbath of solemn rest, holy to Yahweh.** Whoever does any work on the Sabbath day shall surely be put to death.”*

***Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations, for a perpetual covenant. It is a sign between me and the children of Israel forever; for in six days Yahweh made heaven and earth, and on the seventh day he rested, and was refreshed.'"*** Exodus 31:12-17 WEBUS

(e) And the writer knows the promises remain the same...

1. "Seeing therefore it remains that some should enter into it, **and they to whom the good news was preached before failed to enter in because of disobedience**, he again defines a certain day, "today", saying through David so long a time afterward (just as has been said), "**Today if you will hear his voice, don't harden your hearts.**" Hebrews 4:6-7 WEBUS

a) The many-faceted message of the Sabbath Rest! It remains TODAY that we should...

- 1) Enter God's promises!
- 2) Keep the actual Sabbath Day!
- 3) Obey His voice in everything!
- 4) Recognize that those who don't enter because of disobedience will certainly regret it!

(f) Just in case you might deduce that the writer is not including obedience to keeping the Sabbath Day Holy (the seventh day) as part of his message...

1. “For if Joshua had given them rest, he would not have spoken afterward of another day. **There remains therefore a Sabbath rest for the people of God. For he who has entered into his rest has himself also rested from his works, as God did from his. Let’s therefore give diligence to enter into that rest, lest anyone fall after the same example of disobedience.”**

Hebrews 4:8-11 WEBUS

a) He emphatically states, “There remains a Sabbath rest for God’s people, on the seventh day of the week; and to do so, you must **be diligent and choose** to enter that rest **just as God did!**”

1) “***On the seventh day*** God finished his work which he had done; **and he rested on the seventh day** from all his work which he had done. ***God blessed the seventh day, and made it holy, because he rested in it from all his work of creation which he had done.***” Genesis 2:2-3

WEBUS

b) And then the writer expands the scope of his message and warns us that we will be held accountable for every choice we make, so choose a path paved with no regrets...

1) *“For the word of God is living and active, and sharper than any two-edged sword, piercing even to the dividing of soul and spirit, of both joints and marrow, and is **able to discern the thoughts and intentions of the heart.** There is no creature that is hidden from his sight, but **all things are naked and laid open before the eyes of him to whom we must give an account.**”*

Hebrews 4:12-13 WEBUS

c) If you live a life fully trusting in God, with no regrets, then you can stand boldly before the throne of grace...

1) *“Having then a great high priest who has passed through the heavens, Jesus, the Son of God, let’s hold tightly to our confession. For we don’t have a high priest who can’t be touched with the feeling of our infirmities, but one who has been in all points tempted like we are, yet without sin. **Let’s therefore draw near with boldness to the***

*throne of grace, that we may receive mercy and may find grace for help in time of need."*

Hebrews 4:14-16 WEBUS

**(4) If what you're doing must change because of something sudden, you're currently doing the wrong thing.**

(a) The Testimony: *"If something happens that requires you to change your current course, then you are currently on the wrong course!"* DJH {Aug. 15, 2022} [Available...](#)

1. I was dreaming, and I was aware I was dreaming. And in the dream, there were two versions of me. I saw myself in the dream, and I was also in the dream seeing myself, so actually, there were three of me. The scene was in heaven, and one version of me was apparently dead. He was sitting at a desk, and the other me in the dream was watching from a short distance. It was an ethereal scene with puffy white clouds, but all three of us knew it was allegorical, more like a movie version of heaven.

(b) The Interview

1. The version of me being observed was sitting at a desk being interviewed by an angelic being. The interviewer had only one exchange with me; it was a directive, a simple, yet profound request. *"Describe*

*your entire life with one word.*" Two of us observed this request: the version of me in the dream watching and the real me dreaming. We were both completely aware of the magnitude of what he was asked to contemplate; and it made us become excited and curious. What word would he choose? We truly didn't know.

(c) The Options

1. What we did know is that long ago, I identified five core values that animated my life: virtue, integrity, justice, innovation, and influence. Each had deep, significant meaning; each, if unpacked, explained an essential element of what I held most dear. Those five ideas guided my character and commitment. Which would he choose? Or, would he choose another? We were fascinated as we observed the dead version of me answer the challenge.

(d) The Answer

1. As I sat there at the desk with my angelic examiner, it was a sober moment—a watershed moment. Both onlookers pondered, the dreaming me lying in bed, and the observing me who watched inside the dream. We could feel our racing hearts escalate. They

pounded with such anticipation. He stared at his angelic interrogator and without hesitation offered one word with complete confidence... *“Available.”* Available? And then I woke suddenly!

(e) The Confession

1. I sat straight up in bed, my beautiful bride in a deep, restful sleep next to me, and I instantly wrestled with the idea. Available? Immediately, in a sober, self-reflective moment, I sought the Lord. No, not the three of us, not the man at the desk, and not the man observing from a short distance, but the real me—awake, and completely aware of the pending transaction. I confessed, *“O God, if you required this of me at this very moment, if I had to provide one word right now, I could not do it. I could not describe my life with one word; I would need two words, Lord.”*

(f) The Regret

1. I was disappointed in myself, but not in a self-condemning way. It was the type of disappointment that inspires a steadfast resolve to change something, the type that comes when you look in the mirror and admit the unadulterated truth. *“Mostly available!”*

That's what I confessed to the Lord that morning; that's what I confessed to myself. *"I love You, Lord, and I love Your people, and I want to serve You with reckless abandon! Yet, there is still some small part of me that is holding onto something for myself."* God does not want most of you, even 99.99%. He wants all of you.

(g) The Resolve

1. Something else happened that day. I made a decision that when I die, when I sit at that allegorical desk, with no observers—just me and my heavenly Interrogator—I will be able to say, *"Available!"* That's the one word I can use to describe my life, Lord. *"I was available, and I have no regrets!"*

**(5) You should already be doing what you've discovered you should now do because of what just happened.**

(a) The Testimony: *"If something happens that requires you to change your current course, then you are currently on the wrong course!"* DJH

1. *"Surrender Everything to Me."*
  - a) [Surrender Part I](#) {August 15, 2025} (exactly 3 years later, to the day, as the "Available Dream!")
  - b) [Surrender Part II](#) {August 22, 2025}

c) [No Longer My Will: Complete Submission to God](#)

{October 17, 2025}

(b) True Freedom

1. Christians commonly surrender fragments of their lives to God; but Y'shua said, *"whoever of you who doesn't renounce all that he has..."* We are called to complete unconditional surrender. It is neither easy nor natural; but it is required practice for every disciple. Freedom exists in moments of unconditional surrender: *"Not my will, but Your will!"* True freedom is to willingly submit that you have no options. When God's way is the only way, then you are truly free!

(c) The Process

1. Coming to this inevitable conclusion is a process. First, there is resistance. You will argue with God and defend your rights to question His ways and justify your own. Then you will face a divine confrontation; you will be chastised and challenged by God. If your way can survive the discipline, God will yield that you have the right to defend yourself and claim your own righteousness. But your way won't succeed! You must ultimately accept that true freedom is found only in total submission to God. Every Christian

travels this road to unconditional surrender—but few arrive at the destination.

(d) The Allegory

1. Now for a moment, imagine the prophet Jonah being ordered to preach this truth to Job. *“Jonah, go to Job. Show him what it means to surrender everything to Me. Warn him that he should not defend himself nor search for the cause of his suffering. Help him to understand what it means to trust Me and to submit completely, no matter how bad it gets.”* Jonah would have needed to apply this truth to his own life if he were to preach it to Job, but history proves he would not be willing!

(e) The Reality

1. That was me when God asked me to surrender everything! Like Jonah, I wanted to run in the other direction; I wanted to jump into the ocean; I wanted to do anything but turn the boat around like Jonah should have done, or to surrender like Job ultimately learned. I wanted to leave the boat like Peter, the son of Jonah, did when he said, *“Lord, if it is You, command me to come to You on the waters.”* Peter should have stayed in the boat and ordered the storm

to be still, just as Y'shua taught him a short time earlier when, *"Y'shua rebuked the wind and the sea, and there was a great calm."*

(f) Jonah, Job, Peter, Jacob and {your name goes here}

1. There is a little bit, or a lot of, Jonah, Job, and Peter in all of us. We wrestle with God like Jacob, but oftentimes not for the blessing. We wrestle, instead, to hold onto our own thoughts, our own desires, and our own will. God owes us something, doesn't He?

(g) My... Self, Rights, Way, Feelings, Attitude...

1. It's all about me; I have rights; I can do it myself, my way, and for me; I deserve to feel this way; I deserve to be pitied. But the truth is this: we can run from these sins, yet we can't hide from them. Everything will be exposed by God and is accountable to God. Everything hidden will be exposed by the light. As the psalmist echoed... *"Where could I go from your Spirit? Or where could I flee from your presence? If I ascend up into heaven, you are there. If I make my bed in Sheol, behold, you are there!"*

(h) A Necessary Death...

1. All that gets exposed by the light must die. We must surrender even the smallest seed of self that remains.

*“Unless a grain of wheat falls into the earth and dies, it remains by itself alone. But if it dies, it bears much fruit.”* You can hang on for dear life, hold onto that single fraying thread that says, *“I am not willing to surrender this one thing.”* But that will never produce ripe kingdom fruit. *“For whoever wants to save his life will lose it; and whoever will lose his life for Y’shua’s sake and for the Good News will save it.”*

(i) Death Produces Life...

1. Job concluded: *“Thank You Yahweh! I know You have a plan for me and it’s a good plan; I had heard of You by the hearing of the ear, but now my eye sees You. I recognize You through all this suffering and I trust Your ways even when it feels horrible!”* And Jonah could have shortened his journey, and avoided harming others, had he concluded... *“I made a mistake; turn the boat around and head to Nineveh.”* And Peter should have just stayed in the boat and rebuked the wind and the sea, and there would have been a great calm.

(j) No Regrets: *“Not my will, but Yours be done!”*

1. That great calm comes only when one reaches this conclusion: *“It is not yet revealed what I will be; but I*

*know that when He is revealed, I will be like Him. He who has this hope set on Him purifies himself, even as He is pure, and surrenders to this new reality, 'No longer my will!'"*

**(6) What it looks like to “Seek first the Kingdom of God.”**

(a) What you are doing need not change because of new information if you are already seeking...

1. “But **seek first God’s Kingdom and his righteousness;** and all these things will be given to you as well.”

Matthew 6:33 WEBUS

a) Seeking first God’s Kingdom: a life dedicated completely to becoming like Christ.

1) *“In those days, John the Baptizer came, preaching in the wilderness of Judea, saying, **“Repent, for the Kingdom of Heaven is at hand!”**”* Matthew 3:1-2 WEBUS

2) *“From that time, Jesus began to preach, and to say, **“Repent! For the Kingdom of Heaven is at hand.”**”* Matthew 4:17 WEBUS

3) *“Being asked by the Pharisees when God’s Kingdom would come, he answered them, **“God’s Kingdom doesn’t come with observation;** neither will they say, ‘Look, here!’*

or, **'Look, there!' for behold, God's Kingdom is within you.**" Luke 17:20-21 WEBUS

b) Seeking first God's righteousness!

1) *"For being **ignorant of God's righteousness**, and seeking to establish their own righteousness, they **didn't subject themselves to the righteousness of God**. For **Christ is the fulfillment [goal] of the law for righteousness** to everyone who believes."* Rom. 10:3-4 WEBUS

2) *"For him who knew no sin he made to be sin on our behalf, so **that in him we might become the righteousness of God**."* 2 Cor. 5:21 WEBUS

c) If you are seeking God's kingdom and His righteousness, all worry and anxiety will fade into oblivion...

1) *"Therefore **don't be anxious for tomorrow**, for tomorrow will be anxious for itself. Each day's own evil is sufficient."* Matthew 6:34 WEBUS

(b) Let's rewind for a moment... These are the perfect diagnostic questions to evaluate if you are seeking satisfaction from God's kingdom and His righteousness or from the things of the world.

1. **“Don’t lay up treasures for yourselves on the earth,** where moth and rust consume, and where thieves break through and steal; but **lay up for yourselves treasures in heaven,** where neither moth nor rust consume, and where thieves don’t break through and steal; **for where your treasure is, there your heart will be also.”** Matthew 6:19-21 WEBUS

a) In what, where, and for what are you storing up your treasures?

1) The answer is simple: it is where your heart spends its greatest amount of attention!

2) It’s where your priorities are!

3) It’s where your money is!

4) It’s what you talk about and focus on most!

5) *“...For out of the abundance of the heart, the mouth speaks.”* Matthew 12:34 WEBUS

b) You can either seek first God’s Kingdom and His righteousness, or you can believe the way to a life of no regrets is to build bigger barns for yourself... Unfortunately, the latter always ends in regret!

1) *“He spoke a parable to them, saying, **“The ground of a certain rich man produced abundantly. He reasoned within himself,***

*saying, ‘What will I do, because I don’t have room to store my crops?’ He said, ‘This is what I will do. I will pull down my barns, build bigger ones, and there I will store all my grain and my goods. I will tell my soul, “Soul, you have many goods laid up for many years. Take your ease, eat, drink, and be merry.”’ “But God said to him, ‘You foolish one, tonight your soul is required of you. The things which you have prepared—whose will they be?’ So is he who lays up treasure for himself, and is not rich toward God.”’” Luke 12:16-21 WEBUS*

- (c) If you believe you can do both, seek first the kingdom and store up for yourself treasures, you are WRONG!
1. **“No one can serve two masters,** for either he will hate the one and love the other, or else he will be devoted to one and despise the other. **You can’t serve both God and Mammon.** Therefore I tell you, **don’t be anxious for your life: what you will eat, or what you will drink; nor yet for your body, what you will wear.** Isn’t life more than food, and the body more than clothing? See the birds of the sky, that they don’t sow, neither do they reap, nor gather into barns. Your

heavenly Father feeds them. Aren't you of much more value than they? **"Which of you by being anxious, can add one moment to his lifespan?** Why are you anxious about clothing? Consider the lilies of the field, how they grow. They don't toil, neither do they spin, yet I tell you that even Solomon in all his glory was not dressed like one of these. But if God so clothes the grass of the field, which today exists and tomorrow is thrown into the oven, won't he much more clothe you, you of little faith? "Therefore don't be anxious, saying, 'What will we eat?', 'What will we drink?' or, 'With what will we be clothed?' **For the Gentiles seek after all these things; for your heavenly Father knows that you need all these things."** Matthew 6:24-32 WEBUS

a) The Choice...

- 1) You cannot serve two masters!
- 2) You can either choose the things of God as your priorities in life, or the things of the world.
- 3) Ironically, if you choose God, all the things of the world that you ACTUALLY need will be provided for you by God.

- 4) And if you think otherwise, you are thinking like a pagan.
- b) Y'shua is looking for those who are willing to go all in with Him!
  - 1) *“He said to all, **“If anyone desires to come after me, let him deny himself, take up his cross, and follow me. For whoever desires to save his life will lose it, but whoever will lose his life for my sake will save it. For what does it profit a man if he gains the whole world, and loses or forfeits his own self?”** Luke 9:23-25 WEBUS*
- c) To do so, you must...
  - 1) *“...**seek first God’s Kingdom and his righteousness...**” Matthew 6:33 WEBUS*
- d) And simultaneously say goodbye to any anxiety about your actual needs...
  - 1) *“Therefore don’t be anxious for tomorrow, for **tomorrow will be anxious for itself. Each day’s own evil is sufficient.**” Matthew 6:34 WEBUS*

## **B. Practice Contentment**

- (1) **Introduction:** To be godly is all that is needed to feel completely satisfied.

- (a) To pursue God’s will—the desire to please Him in every area of life: spirit, soul, and body—is what it means to be godly.
  - (b) And to be godly is all that is needed to feel completely satisfied—and utterly content.
  - (c) Contentment is always within your grasp because your pursuit of God is always within your control.
  - (d) This yields the fruit of acceptance of any circumstance with joy because of your unwavering trust that godliness with contentment is great gain.
1. “But **godliness with contentment is great gain.** For we brought nothing into the world, and we certainly can’t carry anything out.” 1 Timothy 6:6-7 WEBUS
    - a) Godliness with contentment is all that’s needed.
      - 1) The desire to please Yahweh in every area of life is what it means to be godly.
      - 2) To be godly is all that’s needed to feel completely satisfied—and utterly content.
      - 3) Feeling content is always attainable because pursuing of God is always within your control.
    - b) Joy vs. Happiness

- 1) We learned earlier that, *“If something happens that requires you to change your current course, then you are currently on the wrong course!”*
  - 2) Happiness is a pleasant feeling rightfully related to circumstances: it is fueled by conditions that are not in your control.
  - 3) Joy is a pleasant feeling unrelated to circumstances: it is fueled by your relationship with God, which is in your control.
- c) The temptation to control your contentment with the acquisition of worldly treasures is a trap that only leads to regret!
- 1) *“But **those who are determined to be rich fall into a temptation**, a snare, and many foolish and harmful lusts, such as drown men in ruin and destruction. **For the love of money is a root of all kinds of evil**. Some have been **led astray** from the faith in their greed, and have **pierced themselves through with many sorrows**. But you, **man of God, flee these things, and follow after righteousness, godliness, faith, love, perseverance, and gentleness. Fight the good fight of faith**. Take hold of the eternal life to*

*which you were called, and you confessed the good confession in the sight of many witnesses.”*

1 Timothy 6:9-12 WEBUS

d) The secret is to be content NO MATTER what the circumstance, and the only way for that to happen is to exercise yourself toward godliness!

1) *“Not that I speak because of lack, for **I have learned in whatever state I am, to be content in it.** I know how to be humbled, and I also know how to abound. In any and all circumstances I have learned the secret both to be filled and to be hungry, both to abound and to be in need.”*

Philippians 4:11-12 WEBUS

e) To exercise yourself toward godliness is a practice that not only has temporal values as previously discussed, but also has eternal benefits.

1) *“But refuse profane and old wives’ fables. **Exercise yourself toward godliness.** For bodily exercise has some value, **but godliness has value in all things, having the promise of the life which is now and of that which is to come.** This saying is faithful and worthy of all acceptance.”*

1 Timothy 4:7-9 WEBUS

## (2) Convert vs. Disciple

(a) To become a convert to Christ, it took no effort on your part. The work of salvation was entirely Christ's.

1. **“for by grace you have been saved through faith, and that not of yourselves; it is the gift of God,”**

Ephesians 2:8 WEBUS

a) God's grace gives you faith; you cannot generate saving faith on your own.

2. **“Being therefore justified by faith, we have peace with God through our Lord Jesus Christ; through whom we also have our access by faith into this grace in which we stand. We rejoice in hope of the glory of God.”** Romans 5:1-2 WEBUS

a) Your right standing with God comes by way of faith, but you could not have the faith to be justified without first receiving His free grace.

3. **“For I determined not to know anything among you except Jesus Christ and him crucified.”** 1 Corinthians 2:2 WEBUS

a) The gospel of salvation (Christ crucified) is a simple message (to those being saved, but foolishness to those perishing; 1 Cor. 1:18). His work on the cross saved you.

4. **“He who believes and is baptized will be saved;** but he who disbelieves will be condemned.” Mark 16:16

WEBUS

a) Again, as simple as could be. The only stipulation is to first receive the grace He gives you to believe.

5. “For God so loved the world, that he gave his only born Son, that **whoever believes in him should not perish, but have eternal life.**” John 3:16 WEBUS

a) Belief grants access to eternal life; but again, you could not have that belief without His grace first.

6. “that if you will **confess with your mouth** that Jesus is Lord and **believe in your heart** that God raised him from the dead, **you will be saved.**” Romans 10:9

WEBUS

a) God’s grace works on your heart; your heart softens to the gospel of salvation, and your first act of faith is to confess and believe.

b) You believe and then call on the name of the Lord!

1) “For, ***“Whoever will call on the name of the Lord will be saved.”***” Romans 10:13 WEBUS

2) “Now why do you wait? Arise, ***be baptized, and wash away your sins, calling on the name of the Lord.***” Acts 22:16 WEBUS

3) *“Peter said to them, **“Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of sins, and you will receive the gift of the Holy Spirit.”** Acts 2:38 WEBUS*

(b) Conversely, to become a disciple of Christ takes effort on your part. The work of the kingdom is in your hands.

1. *“Being therefore justified by faith, we have peace with God through our Lord Jesus Christ; **through whom we also have our access by faith into this grace in which we stand.** We rejoice in hope of the glory of God.”* Romans 5:1-2 WEBUS

a) Yes, we are justified by the faith that we received through God’s gift of grace, but there is more. When you practice that faith, you purposely gain access to more of God’s grace. And that is not a suggestion; it’s an order!

1) *“As each has received a gift, **employ it** in serving one another, **as good managers of the grace of God in its various forms.**”* 1 Peter 4:10 WEBUS

(c) You are a disciple if...

1. *“A new commandment I give to you, that you love one another. Just as I have loved you, you also **love one another.** By this **everyone will know that you are***

**my disciples, if you have love for one another.””**

John 13:34-35 WEBUS

- a) God is love, and the only love that exists is God’s love. To have love for others is one of the ways Christ’s disciples are identified.
2. “Jesus therefore said to those Jews who had believed him, **“If you remain in my word, then you are truly my disciples.”** John 8:31 WEBUS
    - a) Other identifiers of Christ’s disciples are their love for and obedience to the Holy Scriptures.
  3. “Now great multitudes were going with him. He turned and said to them, “If anyone comes to me, and doesn’t disregard his own father, mother, wife, children, brothers, and sisters, yes, and his own life also, **he can’t be my disciple.** Whoever doesn’t bear his own cross and come after me, **can’t be my disciple.** For which of you, desiring to build a tower, doesn’t first sit down and count the cost, to see if he has enough to complete it? Or perhaps, when he has laid a foundation and isn’t able to finish, everyone who sees begins to mock him, saying, ‘This man began to build and wasn’t able to finish.’ Or what king, as he goes to encounter another king in war,

will not sit down first and consider whether he is able with ten thousand to meet him who comes against him with twenty thousand? Or else, while the other is yet a great way off, he sends an envoy and asks for conditions of peace. **So therefore, whoever of you who doesn't renounce all that he has, he can't be my disciple.** "Salt is good, but **if the salt becomes flat and tasteless**, with what do you season it? **It is fit neither for the soil nor for the manure pile. It is thrown out. He who has ears to hear, let him hear.**"

Luke 14:25-35 WEBUS

1. Y'shua presented strict qualifiers that identify what it means to be His disciple. These stand out in stark contrast to there being no qualifiers to become a convert.
  - 1) You must make your relationship with Christ the priority over every other relationship.
  - 2) You must be willing to suffer for Christ daily.
  - 3) You must count the cost and be willing to pay.
  - 4) You must be willing to renounce everything else in your life, if asked.
  - 5) He who is unwilling to do the aforementioned is no different than salt that has lost all of its

beneficial qualities. He becomes useless for God's greater purposes.

**(3) A Christian that remains just a convert lives a sedentary (inactive) life for ministry purposes. But to become a disciple means you actively exercise faith, grace, and righteousness... (Scripture Resources)**

(a) Converts receive the gift of faith...

1. "for by grace you have been saved **through faith**, and that not of yourselves; **it is the gift of God**,"  
Ephesians 2:8 WEBUS

(b) Disciples exercise their faith...

1. "Yes, and for this very cause **adding on your part all diligence, in your faith** supply moral excellence; and in moral excellence, knowledge;" 2 Peter 1:5 WEBUS

(c) Converts receive the gift of grace...

1. "**For the grace of God** has appeared, **bringing salvation** to all men," Titus 2:11 WEBUS
2. "**being justified freely by his grace** through the redemption that is in Christ Jesus," Romans 3:24  
WEBUS

(d) Disciples exercise god's grace...

1. "Being therefore justified by faith, we have peace with God through our Lord Jesus Christ; **through**

**whom we also have our access by faith into this grace in which we stand.** We rejoice in hope of the glory of God.” Romans 5:1-2 WEBUS

2. “As each has received a gift, **employ it** in serving one another, **as good managers of the grace of God in its various forms.**” 1 Peter 4:10 WEBUS

(e) Converts receive the gift of righteousness...

1. “For him who knew no sin he made to be sin on our behalf, **so that in him we might become the righteousness of God.**” 2 Corinthians 5:21 WEBUS

(f) Disciples exercise righteousness...

1. “If you know that he is righteous, you know that **everyone who practices righteousness** has been born of him.” 1 John 2:29 WEBUS

**(4) To be godly means to pursue God’s will—the desire to please Him in every area of life: spirit, soul, and body.**

(a) “What must I do?”

1. “Behold, one came to him and said, “**Good teacher, what good thing shall I do, that I may have eternal life?**” He said to him, “Why do you call me good? No one is good but one, that is, God. But **if you want to enter into life, keep the commandments.**” He said to him, “Which ones?” Jesus said, “‘You shall not

murder.' 'You shall not commit adultery.' 'You shall not steal.' 'You shall not offer false testimony.' 'Honor your father and your mother.' And, 'You shall love your neighbor as yourself.'" The young man said to him, **"All these things I have observed from my youth. What do I still lack?"** Jesus said to him, **"If you want to be perfect, go, sell what you have, and give to the poor, and you will have treasure in heaven; and come, follow me."** But when the young man heard this, **he went away sad, for he was one who had great possessions.** Jesus said to his disciples, **"Most certainly I say to you, a rich man will enter into the Kingdom of Heaven with difficulty.** Again I tell you, it is easier for a camel to go through a needle's eye than for a rich man to enter into God's Kingdom. When the disciples heard it, they were exceedingly astonished, saying, **"Who then can be saved?"** Looking at them, Jesus said, **"With men this is impossible, but with God all things are possible."**

Matthew 19:16-26 WEBUS

a) REGRETS! *"He chose his possessions over Christ."*

- 1) If you wish to live a life without regrets, you must be content to surrender everything He asks you to surrender, or you will go away sad!
  - 2) Sure, it is hard to do, but with God it is possible!
- (b) "I will leave everything and follow Christ!"

1. "Then Peter answered, **"Behold, we have left everything and followed you. What then will we have?"** Jesus said to them, **"Most certainly I tell you that you who have followed me, in the regeneration when the Son of Man will sit on the throne of his glory, you also will sit on twelve thrones, judging the twelve tribes of Israel. Everyone who has left houses, or brothers, or sisters, or father, or mother, or wife, or children, or lands, for my name's sake, will receive one hundred times, and will inherit eternal life. But many will be last who are first, and first who are last."** Matthew 19:27-30 WEBUS

- a) NO REGRETS! *"What will we have instead?"*
- 1) It will certainly feel like a sacrifice on this side of eternity when asked to surrender everything God requires of you.
  - 2) Oftentimes, you will feel forgotten—as if you are always coming in last.

3) However, the reward for doing so will be one hundredfold, and not just one time, but on every day of your endless days in eternity.

**(5) THE SECRET is to realize that to be godly is all that is needed to feel completely satisfied and utterly content RIGHT NOW—on this side of eternity!**

(a) It's not an easy message!

1. **“Therefore many of his disciples,** when they heard this, said, **“This is a hard saying!** Who can listen to it?”” John 6:60 WEBUS

a) The life of a disciple is one that will oftentimes reflect the great suffering of our blessed Savior.

1) See John 6:53-59 (The message: “Unless you eat the flesh of the Son of Man and drink his blood, you don't have life in yourselves.”)

(b) “Does this cause you to stumble?”

1. “But Jesus knowing in himself that his disciples murmured at this, said to them, **“Does this cause you to stumble?** Then what if you would see the Son of Man ascending to where he was before? **It is the spirit who gives life. The flesh profits nothing. The words that I speak to you are spirit, and are life.** But there are some of you who don't believe.” For Jesus

knew from the beginning who they were who didn't believe, and who it was who would betray him. He said, "**For this cause I have said to you that no one can come to me, unless it is given to him by my Father.**" John 6:61-65 WEBUS

- a) Y'shua knows this is a hard message, so He reminds us that the flesh is merely a vapor—and that true life is in the Spirit.
- b) And He also reminds us that none of this is possible unless we are empowered by God's grace.

(c) When the going gets tough...

- 1. "**At this, many of his disciples went back and walked no more with him.** Jesus said therefore to the twelve, "**You don't also want to go away, do you?**" John 6:66-67 WEBUS

- a) Some will prove to be true followers, and some will be exposed as impostors.

(d) NO REGRETS! "*Do you also want to go away?*"

- 1. "Simon Peter answered him, "**Lord, to whom would we go? You have the words of eternal life.** We have come to believe and know that you are the Christ, the Son of the living God." John 6:68-69 WEBUS

- a) True followers will live a life without regrets  
because they know there is NO OTHER OPTION!

**(6) Contentment is always within your grasp because your pursuit of God is always within your control.**

- (a) You can seek the things of the world to satisfy your needs or you can seek God's kingdom and His righteousness.
  - 1. **“Therefore don't be anxious, saying, 'What will we eat?', 'What will we drink?' or, 'With what will we be clothed?' For the Gentiles seek after all these things; for your heavenly Father knows that you need all these things. But seek first God's Kingdom and his righteousness; and all these things will be given to you as well.** Therefore don't be anxious for tomorrow, for tomorrow will be anxious for itself. Each day's own evil is sufficient.” Matthew 6:31-34 WEBUS
  - a) You can be worried or content—it's up to you!
- (b) You can love God and live a life of contentment as His beneficiary, or you can disobey God and do things your own way!
  - 1. **“We know that all things work together for good for those who love God,** for those who are called according to his purpose.” Romans 8:28 WEBUS

- a) Note to self: you are capable of loving God!
  - 1) *“We love him, **because he first loved us.**”* 1 John 4:19 WEBUS
- b) Note to self: Loving God means obeying God!
  - 1) *“**If you love me,** keep my commandments.”* John 14:15 WEBUS
- c) Contentment is always within your grasp because your pursuit of God is always within your control.
  - 1) *“If it seems evil to you to serve Yahweh, \***choose today whom you will serve;** whether the gods which your fathers served that were beyond the River, or the gods of the Amorites, in whose land you dwell; but **as for me and my house, we will serve Yahweh.**”* Joshua 24:15 WEBUS

**(7) Acceptance with joy is attainable in any circumstance if you have an unwavering trust that godliness with contentment is great gain.**

- (a) It always begins with complete trust in Yahweh...
  - 1. **“Trust in Yahweh with all your heart, and don’t lean on your own understanding. In all your ways acknowledge him, and he will make your paths straight.”** Proverbs 3:5-6 WEBUS
- a) Don’t trust yourself!

- b) Acknowledge that God's ways are always better!
- c) He promises to point you in the right direction!
- d) Only then can you find contentment no matter what the circumstances!

1) *“Not that I speak because of lack, for **I have learned in whatever state I am, to be content in it.** I know how to be humbled, and I also know how to abound. In any and all circumstances I have learned the secret both to be filled and to be hungry, both to abound and to be in need. **I can do all things through Christ who strengthens me.**”* Philippians 4:11-13 WEBUS

(b) THE SECRET is to realize that to be godly is all that is needed to feel completely satisfied and utterly content RIGHT NOW—on this side of eternity!

1. **“But godliness with contentment is great gain.** For we brought nothing into the world, and we certainly can't carry anything out.” 1 Timothy 6:6-7 WEBUS
  - a) Contentment is always within your grasp because your pursuit of God is always within your control.
  - b) Pursue God with your whole spirit, soul, and body.
  - c) Surrender your regrets; and stop thinking you can find contentment by building bigger barns.

**Prayer:** I SURRENDER MY REGRETS (*Father, I know moments of grief, sadness, sorrow, dejection, and disappointment are natural experiences in life, but they should be temporary. I acknowledge and feel them, but won't wallow in them. I will live a life without regrets. I can imagine standing before the throne of grace and giving an account of my life; and if that were to happen at this very moment, I should be living without any regrets. If what I am already doing must change because of new information, I am currently doing the wrong thing. What I think I should do now because of what I just heard, I should already be doing. That's what it looks like to "Seek first the Kingdom of God."*) I WILL PRACTICE CONTENTMENT (*Today, God, I practice contentment: to pursue Your will—the desire to please You in every area of life: spirit, soul, and body. This is what it means to be godly. And to be godly is all that is needed to feel completely satisfied—utterly content. Contentment is always within my grasp because my pursuit of God is always within my control. This yields the fruit of acceptance of any circumstance with joy because of my unwavering trust that "godliness with contentment is great gain."*)

## **ASSIGNMENT #20**

### **1. Pray about and meditate on these Scriptures:**

- A. “For **the word of God** is living and active, and sharper than any two-edged sword, piercing even to the dividing of soul and spirit, of both joints and marrow, and **is able to discern the thoughts and intentions of the heart. There is no creature that is hidden from his sight, but *all things are naked and laid open before the eyes of him to whom we must give an account.***” Hebrews 4:12-13 WEBUS
- B. “But there is **nothing covered up that will not be revealed,** nor hidden that will not be known.” Luke 12:2 WEBUS
- C. “For **God will bring every work into judgment, with every hidden thing, whether it is good, or whether it is evil.**” Ecclesiastes 12:14 WEBUS
- D. “For **no one can lay any other foundation than that which has been laid, which is Jesus Christ.** But if anyone builds on the foundation with gold, silver, costly stones, wood, hay, or straw, **each man’s work will be revealed. For the Day will declare it, because it is revealed in fire;** and the fire itself will test what sort of work each man’s work is.” 1 Corinthians 3:11-13 WEBUS
- E. “For the time has come for **judgment** to begin with the household of God. If it **begins first with us,** what will happen to those who don’t obey the Good News of God?” 1 Peter 4:17 WEBUS

2. **Surrender Regrets:** *“For his **anger is but for a moment. His favor is for a lifetime. Weeping may stay for the night, but joy comes in the morning.** As for me, I said in my prosperity, “I shall never be moved.””* Psalms 30:5-6 WEBUS

A. Search your heart humbly and honestly.

- 1) Do you acknowledge that moments of grief, sadness, sorrow, dejection, and disappointment are natural experiences in life, but they should be temporary?
- 2) Do you agree to acknowledge and feel them, but not to wallow in them?
- 3) Will you live a life without regrets?
- 4) Can you imagine standing before the throne of grace and giving an account of your life; and if that were to happen at this very moment, not having any regrets?
- 5) Can you agree that if what you are already doing must change because of new information, you are currently doing the wrong thing?
- 6) Will you admit that what you think you should do now because of what you just heard, you should already be doing and that’s what it looks like to “Seek first the Kingdom of God.”?
- 7) Please review your answer to each question and explain your strategy to address it.

8) Who will hold you accountable to surrender your offenses?

3. **Practice Forgiveness:** *“But **godliness with contentment is great gain.** For we brought nothing into the world, and we certainly can’t carry anything out.”* 1 Timothy 6:6-7 WEBUS

A. Are you prepared to experience contentment like never before?

- 1) Will you pursue God’s will—the desire to please Him in every area of life: spirit, soul, and body?
- 2) Do you realize that this is what it means to be godly?
- 3) Do you recognize that to be godly is all that is needed to feel completely satisfied—utterly content?
- 4) Will you acknowledge that contentment is always within your grasp because your pursuit of God is always within your control?
- 5) Will you admit that the acceptance of any circumstance with joy is only possible with an unwavering trust that godliness with contentment is great gain?
- 6) Please review your answer to each question and explain your strategy to address it.
- 7) Who will hold you accountable to live a life of contentment?