

## The Remedy for our Discontented Hearts

Philippians 2:16

**Big Idea:** The reason we give into grumbling and complaining is because the old man continues to exercise his influence on our hearts. The old man tries to convince us that God is not good, that his ways are not excellent and this leads us to resist God's commands. The remedy to this holding faithfully to the message of life as it is reveal within the scripture.

**Galatians 5:16–17 (ESV)** — **16** But I say, walk by the Spirit, and you will not gratify the desires of the flesh. **17** For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

What is the remedy to our discontented hearts?

1. \_\_\_\_\_

**Phil. 2:16** holding fast to the word of life...

**Philippians 2:14, 16 (NIV)** — **14** Do everything without grumbling or arguing... **16** as you hold firmly to the word of life...

As we hold firmly to the word of life, this action will \_\_\_\_\_ our desire to grumble and complain.

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*When we feel a complaining spirit welling up in our hearts we must immediately apply the word of Christ directly to our discontentment.*

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**Hebrews 12:1–2 (ESV)** — **1** Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, **2** looking to Jesus, (fixing our eyes on Jesus) the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

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*The very message that we are to keep a firm grip on is that God, in Christ, keeps a firm grip on us. The very message that we are to fix our gaze upon is that God always as his gaze fixed on us.*

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2. The \_\_\_\_\_ of \_\_\_\_\_

**2 Peter 1:20–21 (ESV)** — **20** knowing this first of all, that no prophecy of Scripture comes from someone's own interpretation. **21** For no prophecy was ever produced by the will of man, but men spoke from God as they were carried along by the Holy Spirit.

**Joy is not determined by our circumstances, it is determined by God's word on, in, and over our circumstances.**

**4 ways that we can hold fast to the word of life**

- 1. Have a steady intake of the message of life**
- 2. Understand the grand story of the Bible**
- 3. Filter everything you hear and read through the word of life**
- 4. Preach to yourself**

**Questions to consider:**

How does this text say we ought to counter our discontented hearts? Is the remedy found within or without?

What are some things that can draw our hearts away from the word of life?

What are some ways that you are keeping the word of life ever before you?

How does the overall story of the Bible help us to combat our discontented heart?

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