





Ephesians 5: 15-20 (NIV)

15 Be very careful, then, how you live—not as unwise but as wise,
16 making the most of every opportunity, because the days are evil. 17 Therefore do not be foolish, but understand what the Lord’s will is.

18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, 19 speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, 20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ

1 Timothy 6:6 (NIV)

But godliness with contentment is great gain.

Contentment: **αὐταρκείας** (av-tar-kee-as) a state of self- satisfaction.

Complacency: a feeling of calm satisfaction with your own abilities or situation that prevents you from trying harder

1. What is God holding before you NOW?

Gift of being present

15 Be very careful, then, how you live—not as unwise but as wise,

16 **making the most of every opportunity**, because the days are evil.

Proverbs 3:5-6 (NKJV)

5 Trust in the Lord with all your heart, And lean not on your own understanding;

6 In all your ways acknowledge Him, And He shall direct your paths.

2. What are you holding onto?

The will of the Father

17 Therefore do not be foolish, but **understand what the Lord's will is.**

Proverbs 16:9 (NKJV)

A man's heart plans his way,
But the Lord directs his steps.

3. What are you being held by?

Filled with the Holy Spirit
18 Do not get drunk on wine, which leads to debauchery. Instead, **be filled with the Spirit**, 19 speaking to one another with psalms, hymns, and songs from the Spirit.

Romans 8:14-17 (NIV)

For those who are led by the Spirit of God are the children of God. 15 The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father"

4. What are you holding before God?

Giving thanks always

Sing and make music from your heart to the Lord, 20 **always giving thanks to God the Father for everything**, in the name of our Lord Jesus Christ.

1. What is God holding before you now?

2. What are you holding onto?

3. What are you being held by?

4. What are you holding before God?

In Jesus we are truly satisfied

- Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst."
– John 6:35
- For he satisfies the longing soul, and the hungry soul he fills with good things. – Psalm 107:9
