



*WHAT IS YOUR BIGGEST  
DISCONTENTMENT TRIGGER?*



*WHAT ARE 1-3 THINGS YOU CAN DO TO  
PROACTIVELY SILENCE THAT  
DISCONTENTMENT TRIGGER?*



*LIST 3 THINGS YOU CURRENTLY HAVE IN  
YOUR LIFE THAT YOU WANTED AND/OR  
PRAYED FOR!*

***HOMWORK: THIS WEEK, NOTICE WHAT TRIGGERS DISCONTENTMENT FOR YOU. COMMIT TO AND SCHEDULE A TIME TOWARDS THE END OF THE WEEK TO REFLECT ON THE QUESTIONS BELOW:***

***WHAT SPARKED DISCONTENTMENT FOR YOU THIS WEEK?***

***WHAT PRACTICAL STEPS WILL YOU TAKE TO LESSEN THIS DISCONTENTMENT TRIGGER?***

***ASK YOURSELF, "AM I CHASING AFTER THE THINGS GOD WANTS ME TO PURSUE?"***

***TAKE SOME TIME TO THANK GOD FOR HIS FAITHFULNESS IN YOUR LIFE.***

***ADDITIONAL NOTES***