

“Happiness or Contentment: Which Do You Pursue?”

This video devotional encourages individuals to consider if they are in pursuit of happiness in life or contentment.

Running time: 4 minutes, 30 seconds

What to Complete This Week

1. Watch the video titled “Happiness or Contentment?”
2. Think about and write brief responses to the discussion questions below.
3. Read 1 Timothy 6:6-12 together with your spouse and then discuss the questions below.
4. Attend religious services together this week.
5. Pray **with** your spouse at least 3 times this week (beyond meals).
6. Pray for your spouse in your individual prayers on a daily basis.

Weekly Scripture Reading: 1 Timothy 6:6-12

1 Timothy 6:6-12 But godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world. But if we have food and clothing, with these we will be content. But those who desire to be rich fall into temptation, into a snare, into many senseless and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs. But as for you, O man of God, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, gentleness. Fight the good fight of the faith. Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses. (ESV)

Reflection Questions for Independent Thought

You and your spouse are encouraged to think about the questions below. Make some notes about your thoughts. You will discuss these together later.

1. Do I seek happiness or contentment? What evidence do I have of this?

2. Am I satisfied with my life?

3. What do I wish was different? How much effort, time, and thought do I put into making that different?

Couple Discussion Time

Together with your spouse, discuss your answers to the questions above. Then, consider your marriage with the following question in mind:

Is your satisfaction with marriage focused more on what happens each day, or more on enduring conditions of the relationship?