

- **I Timothy 6:7-9** “For we have brought nothing into the world, so we cannot take anything out of it either. If we have food and covering, with these we shall be content. But those who want to get rich fall into temptation and a snare and many foolish and harmful desires which plunge men into ruin and destruction.” **In this paragraph, scripture indicates that contentment is closely related with material possessions. Very often, a person low in material resources is not content. Sometimes however, even if a person has many possessions, he/she may still not be content. When a sufferer in a Psychotic state is discontent about possessions spending can reach disproportionate levels, causing financial strain.**

**Q1. What problems can an extreme lack of contentment (such as a spending binge cause for a care receiver or care giver?**

- **Philippians 4:10-12** “But I rejoiced in the Lord greatly, that now at last you have revived your concern for me; indeed, you were concerned *before*, but you lacked opportunity. <sup>11</sup> Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need.” **Note in this passage, that contentment also deals with circumstances. The unique circumstance of having a mood disorder may very well be one that needs contentment.**

**Q2. How has God shown himself faithful to be with you when you have mood disorder struggles?**

- **James 5:16** “...pray for one another so that you may be healed. The effective prayer of a righteous person can accomplish much.” **Praying for those who suffer mood disorders, as well as those who care for them, is the right thing to do. The Bible has over 100 references about sickness in which some kind of plea to the Lord is made. Praying for each other is a strong builder of relationships.**

**Q3. How can praying for those who suffer mood disorders help with contentment?**

- **II Corinthians 12:10** “Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ’s sake; for when I am weak, then I am strong.” **This passage also indicates that contentment is not always related to wealth or**

**possessions. It is possible to think of the experiences with mood disorders as an issue of contentment.**

**Q4. What mood-disorder frustrations cause you a lack of contentment?**

- I Peter 5:7 “casting all your anxiety on Him, because He cares for you.” **In this passage the expression “anxiety” can also mean any other worries affecting our soul, our bodies, to include mood disorders.**

**Q5. How can casting our mood-disorder anxieties upon Him help the care giver or care receiver?**

- **Hebrews 13:5** “Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, ‘I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU.’” **In this passage, scripture tells us that understanding God’s presence is key to being content, regardless of the lack (or abundance) of possessions. It also noteworthy to understand that God’s presence is key to being content while having mood disorders. God will be with us in the middle of the disorder, and His presence brings contentment.**

**Q6 How are learning to be content in your circumstances?**

- **II Corinthians 1:3-4** “Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.” **Mood disorder experiences may be a blessing in disguise, if we use them to serve God. We share our experiences because others who suffer have a need to learn how to cope with them. When a mood disorder sufferer is going through an episode, he/she is in need, and looks for answers from others who have already gone through similar experiences. This is a form of contentment about mood disorders.**

**Q7. Do you think of your experiences with mood disorders as a treasure?**

## Prayer Requests

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- 3.
- 4.
- 5.
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- 10.
- 11

## Mood Disorders Share & Prayer Support Group

**How CONTENT are you?**

**Our mission** - Glorify God by serving those who suffer from a mood disorder and those who care for them

**I Tim 4:11b** "... for I have learned to be content in whatever circumstances I am."

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