Based on *The Rare Jewel of Christian Contentment* by Jeremiah Burroughst (1646)

Session I: Introduction // Christian Contentment Described
Intro
What is contentment?
Why is it so important to have?
Why is it described as "rare?"

Christian Contentment Described

1. A Work of the Spirit "Indoors"

2.	A "Quiet" of the Heart
3.	An Inward, Quiet Frame of Spirit
4.	A <i>Gracious</i> Frame of Heart
5.	A Free Submission to God's Will
6.	Lasting in Every Condition