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with Christine M. Anderson

liking jesus



intimacy and contentment in a selfie-centered world

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STUDY GUIDE
FIVE SESSIONS

Craig Groeschel

with Christine M. Anderson

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Liking Jesus Study Guide

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How to Use This Guide

Group Size

The *Liking Jesus* video study is designed to be experienced in a group setting such as a Bible study, Sunday school class, or any small group gathering. To ensure everyone has enough time to participate in discussions, it is recommended that large groups break up into smaller groups of four to six people each.

Materials Needed

Each participant should have his or her own study guide, which includes notes for video segments, directions for activities and discussion questions, as well as personal studies to deepen learning between sessions.

Timing

The time notations—for example (17 minutes)—indicate the *actual* time of video segments and the *suggested* times for each activity or discussion. For example:

Individual Activity: What I Want to Remember (2 minutes)

Adhering to the suggested times will enable you to complete each session in one hour. If you have a longer meeting, you may wish to allow more time for discussion and activities. You may also opt to devote two meetings rather than one to each session. In addition to allowing discussions to be more spacious, this has the added advantage of allowing group members to read related chapters in the *Liking Jesus* book and to complete the personal study between meetings. In the second meeting, devote the time allotted for watching the video to discussing group members' insights and questions from their reading and personal study.

Practice

Each session ends with a suggested application activity for group members to complete between sessions. Although the activity is completed outside of the group meeting, it's a good idea to read through the practice before concluding the meeting to clarify any questions and to make sure everyone is on board.

Facilitation

Each group should appoint a facilitator who is responsible for starting the video and for keeping track of time during discussions and activities. Facilitators may also read questions aloud and monitor discussions, prompting participants to respond and ensuring that everyone has the opportunity to participate.

Personal Studies

Maximize the impact of the curriculum with additional study between group sessions. Every personal study includes reflection questions, Bible study, and a guided prayer activity. You'll get the most out of the study by setting aside about thirty minutes between sessions for personal study, as well as additional time to complete the weekly practice activities.

1

recovering contentment

The Struggle with Comparisons

All day long we are bombarded with messages that seek to persuade us of two things: that we are (or ought to be) discontented and that contentment is only one step away: “use me, buy me, eat me, wear me, try me, drive me, put me in your hair.”

John Ortberg, *Love Beyond Reason*

Welcome!

Welcome to Session 1 of *Liking Jesus*. If this is your first time together as a group, take a moment to introduce yourselves to each other before the group activity. Then let's begin!

Group Activity: Devices Out and Down (2 minutes)

The *Liking Jesus* study explores how we can stay engaged with technology while avoiding many of the problems that it can cause in our lives. The goal is to learn biblical values that can help us restore balance in our lives and address any unhealthy overreliance we might have on technology. As a starting point, try taking a break from technology for the duration of your group meeting.

1. Take out your phone, tablet, or any other electronic device you may have with you. Turn it off or place it in airplane mode. (The only exception here and in all remaining sessions is for those who are using an ebook version of the guide and need their device to participate in the study. If so, put the device in airplane mode and use it only to access the guide.)
2. Set your device face down in the center of the room (if you are sitting in a circle), or at the front of the room (if you are sitting in rows). Ideally, you should be able to see your device but not be able to reach it.
3. Continue with the remainder of the group meeting. Rest assured that you *will* retrieve your device after closing prayer at the end of the session!

Video: Recovering Contentment (10 minutes)

Play the video segment for Session 1. As you watch, use the outline provided to follow along or to take additional notes on anything that stands out to you.

Notes

The more we compare, the less satisfied we are.

On social media, everybody else's life looks perfect. They're showing us their highlight reels, and we're comparing it with our behind-the-scenes.

More than one third of students felt significantly worse after spending time on Facebook. The number one emotion they felt was envy.

Chuck Swindoll: "Life is 10 percent what happens to you, and 90 percent how you respond." For so many of us, it is the exact opposite. It's all about what happens to us, and we forget that our response has any real value at all.

Here are three ways we can respond when we are tempted to compare and be envious:

1. *We will kill comparisons.*

"But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such 'wisdom' does not come down from heaven but is earthly, unspiritual, demonic. For where you have envy and selfish ambition, there you find disorder and every evil practice" (James 3:14–16).

2. *We will celebrate other people's blessings.*

"Rejoice with those who rejoice; mourn with those who mourn" (Romans 12:15).

3. *We will cultivate gratitude.*

Envy is resenting God's goodness in other people's lives and ignoring his goodness in your own.

"Enjoy what you have rather than desiring what you don't have. Just dreaming about nice things is meaningless—like chasing the wind" (Ecclesiastes 6:9 NLT).

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength" (Philippians 4:12–13).

When Christ is all you have, you'll recognize that Christ is all you need.

Group Discussion (46 minutes)

Take time to talk about what you just watched.

1. What part of the teaching had the most impact on you?

Living in a Selfie-Centered World

2. At the beginning of the video, Craig described how social media often leads us to compare our behind-the-scenes with everyone else's highlight reels. On Instagram, he saw friends attending a conference he wished he could attend, hanging out with people he wished he knew, vacationing in places he wished he could be. When

he compared where his friends were with where he was—stuck in his office—he felt discontent and bad about himself.

- Briefly describe a recent “highlight reel” you came across. How did it compare to your “behind-the-scenes”? What response did it prompt in you? For example: discontent, gratitude, envy, happiness, etc.

 - Consider your own social media highlight reels. If someone you didn’t know were to look at your last several posts on social media, would they be more likely to get the impression that your life is better than it really is, worse than it really is, or pretty close to how it actually is? Describe any examples that illustrate your response. (And no, you may not retrieve your device to illustrate your response!)

 - Aside from social media, what else tends to trigger discontent or envy in you? For example: when someone you know gets a new car/gadget/outfit, has a great marriage or romantic relationship, has more favorable life circumstances, etc. In what ways, if any, do these experiences or your response to them differ from those triggered by social media?
3. A selfie-centered world is a world that makes everything about us. But if we want to live in a way that honors Christ—who calls us to die to ourselves and follow him—we have to be different. We have to resist the distractions, habits, and temptations that pull us away from loving God and loving others.

- Consider first how you are affected when a friend or family member uses technology or social media. How does their use of these tools strengthen your relationship or demonstrate their love and care for you? How does their use of these tools weaken your relationship or become a source of tension?

- Now consider how your own use of technology and social media impacts your relationships. In what ways are they tools that help you to love God and love others? In what ways are they distractions, habits, or temptations that pull you away from loving God and loving others?

Three Strategies for Battling Envy and Learning Contentment

4. Craig quoted pastor Chuck Swindoll as saying, “Life is 10 percent what happens to you, and 90 percent how you respond.” Although we can’t always stop the distractions and temptations that bombard us in a selfie-centered world, we can choose how we respond to them. As time permits, discuss one or more of the three strategies for battling envy: kill comparisons, celebrate other people’s blessings, and cultivate gratitude.

Kill comparisons. We need to kill the comparisons that lead to envy because they are more serious than most of us realize. The apostle James puts it bluntly:

But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such “wisdom” does not come down from heaven but is earthly, unspiritual, demonic. For where you have envy and selfish ambition, there you find disorder and every evil practice.

(James 3:14–16)

- Briefly reflect on a time when someone authentically rejoiced and celebrated with you. What did that person say or do—not say or do—that made their response especially meaningful?

- What insights or principles are there in the experience you just described that might help you to celebrate other people’s blessings in a way that is meaningful to them?

Cultivate gratitude. If envy is resenting God’s goodness in other people’s lives and ignoring God’s goodness in your own, one way to battle envy is to train your heart to continually look for God’s goodness. King Solomon, the richest man of all time, put it this way:

Enjoy what you have rather than desiring what you don’t have. Just dreaming about nice things is meaningless—like chasing the wind.

(Ecclesiastes 6:9 NLT)

- In what area of life are you most tempted to “chase the wind,” to focus on what you don’t have rather than enjoying what you do have?

- If instead, you were to look for God’s goodness in this area of life, what would you see that you could be authentically grateful for?

Strength for the Battle

5. Craig stressed that we can battle envy in all these ways by following the example of the apostle Paul, who relied on Christ's power to learn and practice contentment:

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

(Philippians 4:12–13)

Earlier in his letter to the Philippians, Paul describes the source of this kind of strength:

I want to know Christ and experience the mighty power that raised him from the dead. I want to suffer with him, sharing in his death, so that one way or another I will experience the resurrection from the dead!

(Philippians 3:10–11 NLT)

Paul links Christ's power—the source of strength he needs to practice contentment—to sharing in Christ's death and resurrection. It's been said that nothing that has not died can be resurrected. In other words, we won't experience the power of new life and growth without first surrendering to some kind of loss or "death."

- In what ways do you feel like you lack the spiritual strength or power you need in order to let go of envy and experience contentment?

- What is it you might need to die to in order to experience the power of Christ in this weakness? How would you describe the "resurrection" or new life you hope to experience as a result?

6. At the start of the session you had a chance to begin practicing contentment by setting aside your phone or other electronic device. How has this brief separation from your device impacted you? For example: in what you thought about, in your ability to be present in the group, in raising awareness of how you rely on your device.

Friend Request

7. In addition to exploring *Liking Jesus* together as a group, it's important to also be aware of how God is at work among you—especially in how you relate to each other and share your lives throughout the study. In each session, there will be many opportunities to speak life-giving—and life-challenging—words and to listen to one another deeply.

As you anticipate the next several weeks of learning together in community, what request would you like to make of the group? For example, how do you hope other members will challenge you or encourage you? Use one or more of the sentence starters below, or your own statement, to help the group understand the best way to be a good friend to you throughout this study. As each person responds, use the two-page chart that follows to briefly note what is important to that person and how you can be a good friend to them during your discussions and times together.

I'd like you to consistently challenge me about . . .

It really helps me to engage in a group when . . .

I tend to withdraw or feel anxious when . . .

You can help me to take this study seriously by . . .

In our discussions, the best thing you could do for me is . . .

| Name | The Best Way I Can Be a Good Friend to This Person Is ... |
|------|---|
| | |
| | |
| | |
| | |
| | |

(cont.)

| Name | The Best Way I Can Be a Good Friend to This Person Is ... |
|------|---|
| | |
| | |
| | |
| | |
| | |

Individual Activity: What I Want to Remember (2 minutes)

Complete this activity on your own.

1. Briefly review the outline and any notes you took.
2. In the space below, write down the most significant thing you gained in this session—from the teaching, activities, or discussions.

What I want to remember from this session . . .

Practice: iStrategize

Each session in the *Liking Jesus* study includes a practice for you to complete between sessions. Although the practice is completed on your own and outside of group time, it's a good idea to read through the practice description before concluding your meeting each week. In some cases, activities may require preparation or setting aside time each day to complete. To get the most out of the practice, it's important not to hurry or try to complete activities at the last minute.

The practice for this week is to act on one or more of the three strategies Craig described for battling envy. Here are options for ways to do that between now and your next group meeting:

- Kill comparisons.*** Identify one comparison/envy trigger and stop doing it. Choose something that will be a stretch or a challenge for you. For example, if social media is a trigger, before you go to bed tonight, you might create a post to let your friends know you're taking a break and then do it—fast from social media for twenty-four hours, several days, or a full week. For additional ideas, see the examples given in question 4.
- Celebrate other people's blessings.*** Identify one person who tends to trigger comparisons and envy in you. Commit to two things on their behalf:

- (1) Use a journal or pad of paper to pray for this person every day—at least seven written prayers between now and your next group meeting. Thank God for the specific ways he's blessed this person; ask God to continue blessing him or her, and to change your heart so that you genuinely desire increased blessing for this person.
- (2) Celebrate and affirm this person in a tangible way. Prayers may be private but celebration is relational. When you celebrate someone, you seek to honor them in a meaningful way. For example, you might identify a personal trait you admire and tell them why you respect and appreciate that in them; note an accomplishment and congratulate them; identify a blessing they've experienced and affirm your gratitude for God's goodness to them. If possible, do this in person, honoring them with your presence as well as your words.

❑ **Cultivate gratitude.** Go on a daily hunt for God's goodness in your life by keeping a gratitude list. Throughout the day or at the end of the day, write down at least ten things you're grateful for. Set a daily alert on your phone as a reminder (unless you're fasting completely from technology!). You might choose to focus on a specific area in which you're struggling with envy or to focus on gratitude in general. Either way, begin by hunting for God's goodness in the little joys or graces you might otherwise take for granted: *God, thank you for . . . hot coffee first thing in the morning, the beautiful sound of my child's laughter, enough money to pay the bills this month, giving me the courage to apologize, a good night's sleep.* At the end of the week, you will have expressed gratitude for least seventy good gifts. Read through all seven lists and then write a prayer of thanksgiving, praising God for his relentless goodness in your life and asking him to help you make gratitude the lens through which you routinely look at life.

Place a check mark next to one or more of the three options you'll practice this week and share it with the group.

Whatever option(s) you choose, consider setting aside some time to write down a few notes and observations about your experience throughout the week. You'll have a chance to talk about your experiences at the start of Session 2.

Closing Prayer

Close your time together with prayer. Following prayer, you are free at last to retrieve your electronic devices!

1

Personal Study

Read and Learn

Read the introduction and chapter 1 of the book *Liking Jesus*. Use the space below to note any insights or questions you want to bring to the next group session.

Study and Reflect

While I can't speak for you, I'm finally willing to admit the truth. I'm tethered to my phone, addicted to my favorite apps, and hooked on social media. Technology has become central to my life. I don't really control it. It controls me. And I don't like that.

Liking Jesus, page 17

1. The purpose of the *Liking Jesus* study is to explore how things like new technology and social media can complicate age-old struggles we all have, and then to learn biblical values that can help us to address them. To get a feel for your starting point on this journey, use the questions that follow to briefly assess where you are right now. For each statement, circle the number on the continuum that best describes your response.

a. I sometimes feel like a loser when I look at social media.

| | | | | | | | | | |
|---------------------------|----------|----------|----------|---------------------------|----------|----------|---------------------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not at all true of me. | | | | Moderately true of me. | | | Completely true of me. | | |

b. Looking at social media often triggers comparison and envy in me.

| | | | | | | | | | |
|---------------------------|----------|----------|----------|---------------------------|----------|----------|---------------------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not at all true of me. | | | | Moderately true of me. | | | Completely true of me. | | |

c. I feel down or disappointed if I don't get an immediate response or a certain number of Likes on a social media post.

| | | | | | | | | | |
|---------------------------|----------|----------|----------|---------------------------|----------|----------|---------------------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not at all true of me. | | | | Moderately true of me. | | | Completely true of me. | | |

d. My use of technology or social media has caused problems in one or more of my relationships.

| | | | | | | | | | |
|---------------------------|----------|----------|----------|---------------------------|----------|----------|---------------------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not at all true of me. | | | | Moderately true of me. | | | Completely true of me. | | |

e. When I'm having a conversation with a friend face-to-face, it's normal for me to periodically check my phone or take a call.

| | | | | | | | | | |
|---------------------------|----------|----------|----------|---------------------------|----------|----------|---------------------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not at all true of me. | | | | Moderately true of me. | | | Completely true of me. | | |

f. I have plenty of online followers and friends, but it's sometimes hard to find anyone to spend time with in real life.

| | | | | | | | | | |
|---------------------------|----------|----------|----------|---------------------------|----------|----------|---------------------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not at all true of me. | | | | Moderately true of me. | | | Completely true of me. | | |

- g. I use technology or social media to avoid awkward social situations or face-to-face conversations.

| | | | | | | | | | |
|-------------------------------|----------|----------|----------|-------------------------------|----------|----------|-------------------------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not at all true of me. | | | | Moderately true of me. | | | Completely true of me. | | |

- h. Most of the time, my real life is not what it appears to be on social media.

| | | | | | | | | | |
|-------------------------------|----------|----------|----------|-------------------------------|----------|----------|-------------------------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not at all true of me. | | | | Moderately true of me. | | | Completely true of me. | | |

- i. I have made choices about how to spend my time based on whether or not the activity has potential to create a social media moment.

| | | | | | | | | | |
|-------------------------------|----------|----------|----------|-------------------------------|----------|----------|-------------------------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not at all true of me. | | | | Moderately true of me. | | | Completely true of me. | | |

- j. The more I see pain and world crises in my social media feeds, the harder it is for me to feel compassion when I'm exposed to it.

| | | | | | | | | | |
|-------------------------------|----------|----------|----------|-------------------------------|----------|----------|-------------------------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not at all true of me. | | | | Moderately true of me. | | | Completely true of me. | | |

- k. I express compassion and support for causes by Liking or reposting but rarely take action to respond beyond social media.

| | | | | | | | | | |
|-------------------------------|----------|----------|----------|-------------------------------|----------|----------|-------------------------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not at all true of me. | | | | Moderately true of me. | | | Completely true of me. | | |

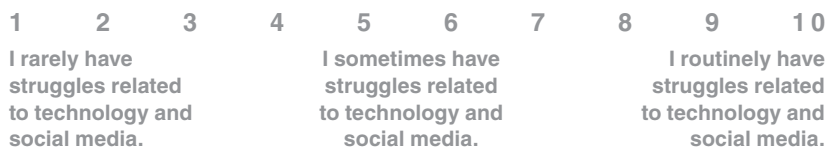
- l. I feel isolated or anxious without my phone.

| | | | | | | | | | |
|-------------------------------|----------|----------|----------|-------------------------------|----------|----------|-------------------------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not at all true of me. | | | | Moderately true of me. | | | Completely true of me. | | |

- m. The first and last thing I do every day is check my phone (or other electronic device).

| | | | | | | | | | |
|-------------------------------|----------|----------|----------|-------------------------------|----------|----------|-------------------------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not at all true of me. | | | | Moderately true of me. | | | Completely true of me. | | |

Finally, plot your *Liking Jesus* score on the continuum below by marking it with an X. For example, an X between 5 and 6 would represent the 5.4 score from the example.



What is your initial response to your overall score? For example, in what ways does it seem accurate or inaccurate to you?

Briefly review your responses to the fifteen questions and circle two or three you rated closest to 10. What is the deeper *need*, *desire*, or *fear* that might be behind those statements? For example, a habit of checking one's phone at the beginning and end of the day might reflect a need for affirmation, a desire for relational connection, or a fear of missing out.

In what ways, if any, have these unmet needs, desires, or fears left you feeling discontent with some area of your life or potentially vulnerable to envy?

It's arguable that no generation before us has struggled with discontent as much as ours. Although we still have poverty and economic inequality, the everyday lives of most of us are filled with convenience, opportunity, and abundance — sometimes to the point of excess. Yet it doesn't take much for us to feel as though we aren't getting everything we deserve and to face disappointment. Add social media and what do you get? Never before have so many people had so much and felt so dissatisfied.

Liking Jesus, page 28

2. Even if technology and social media aren't significant issues in our lives, most of us still struggle with some kind of discontent—which means envy is often just one short step away. The challenge is that we don't always recognize envy for what it really is. Author Os Guinness offers this penetrating definition of envy:

Envy is not simply aspiration or ambition. . . . Envy enters when, seeing someone else's happiness or success, we feel ourselves called into question. Then, out of the hurt of our wounded self-esteem, we seek to bring the other person down to our level by word or deed. They belittle us by their success, we feel; we should bring them down to their deserved level, envy helps us feel. Full-blown envy, in short, is dejection plus disparagement plus destruction.¹

Using this description of envy as a framework, reflect on the subtle or not-so-subtle ways envy might be a temptation for you. Listed below are three common categories of envy: financial/material, relational, and circumstantial. In each category, complete these sentence starters: *When I see . . . I feel wounded or belittled . . . I'm afraid . . . I'm tempted to bring him/her/them down by . . .*

Financial/material: Envy of others' possessions, vacations, resources, experiences, clothing, gadgets, etc.

Example:

When I see . . . Sara talking about her latest international trip

I feel wounded or belittled . . . by my lack of funds and my boring life.

I'm afraid . . . I will never have the exciting, meaningful life I really want.

I'm tempted to bring him/her/them down by . . . changing the subject, ignoring her posts about the trip, or making comments like, "It must be nice to have enough extra money to travel."

When I see . . .

I feel wounded or belittled . . .

I'm afraid . . .

I'm tempted to bring him/her/them down by . . .

Relational: Envy of others' social circles, connections, calendar, personal qualities, romance, family, etc.

Example:

When I see ... Instagram posts of Mike coaching his kids' soccer games

I feel wounded or belittled ... about my inability to spend more time with my kids.

I'm afraid ... of missing out on my kids' lives and of not being a good dad.

I'm tempted to bring him/her/them down by ... making sarcastic comments on his posts and giving him a hard time about how he "never works" when I see him at church.

When I see ...

I feel wounded or belittled ...

I'm afraid ...

I'm tempted to bring him/her/them down by ...

Circumstantial: Envy of others' lifestyle, opportunities, advantages, season of life, career, education, etc.

Example:

When I see ... a pregnant woman

I feel wounded or belittled ... by my inability to have a baby of my own.

I'm afraid ... I will never have the family I really want.

I'm tempted to bring him/her/them down by ... mentally belittling her and inventing or magnifying her faults—she is insensitive to women who can't conceive; she doesn't take care of herself; she won't be as good a mother as I would be; she takes her pregnancy for granted, etc.

When I see ...

I feel wounded or belittled ...

I'm afraid ...

I'm tempted to bring him/her/them down by ...

We were created for more — much more. We were created not for earth but for eternity. We were created not to be liked but to show love. We were created not to draw attention to ourselves but to give glory to God. We were created not to collect followers but to follow Christ. . . . Nothing on earth can ever satisfy the spiritual longing you feel inside, even if you could collect it all. Nothing.

Liking Jesus, page 20, 32–33

3. Briefly review your responses to question 2, focusing especially on your responses to “I’m afraid . . .” What would you say is the spiritual longing behind these things you want but are afraid you may never have? For example, in what ways might God be present in these desires or be the source of these desires?

Contentment requires trust—trust that regardless of our circumstances, God is good and God is enough. It’s not something that comes naturally to most of us, but like the apostle Paul, we can choose to learn and practice it.

I know what it is to be in need, and I know what it is to have plenty.
I have learned the secret of being content in any and every situation,
whether well fed or hungry, whether living in plenty or in want.
I can do all this through him who gives me strength.

(Philippians 4:12–13)

For a fresh perspective on this familiar passage, read it again from *The Message*:

I've learned by now to be quite content whatever my circumstances. I'm just as happy with little as with much, with much as with little. I've found the recipe for being happy whether full or hungry, hands full or hands empty. Whatever I have, wherever I am, I can make it through anything in the One who makes me who I am.

(Philippians 4:12–13 MSG)

What makes it difficult for you to trust God with your desires—to trust that God is good and God is enough regardless of your circumstances?

4. The psalms are sometimes referred to as the prayer book of the Bible. They not only teach us how to communicate with God, but they also help us to express things that are sometimes hard to put into words. Read Psalm 73, which is a prayer that acknowledges the pain of human envy and affirms the truth of God's goodness. Drawing on the psalm as a reference, use the space below to write your own

prayer. Acknowledge your doubts, questions, and areas where you are vulnerable to envy. Surrender your desires to God, asking him to help you learn contentment as you wait and to help you trust him with what's most important to you. Thank him for his goodness in your life just as it is right now.