

## Christian Contentment Scale (CCS)

### **Instructions:**

Please answer the following statements in the context of your relationship with God. When reading each statement, please answer with the following scale .

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<i>never true for me</i>	<i>rarely true for me</i>	<i>sometimes true for me</i>	<i>often true for me</i>	<i>always true for me</i>

Items	Ratings				
1. I am thankful that God is directing my life, even when I suffer from adversity.	1	2	3	4	5
2. I feel at rest within my innermost being because I have confidence in God.	1	2	3	4	5
3. I am satisfied with whatever scenario God sends me.	1	2	3	4	5
4. I experience contentment in life because God is lovingly guiding each circumstance I am in.	1	2	3	4	5
5. My inner world is content because I depend on God.	1	2	3	4	5
6. I calm my emotions by placing my trust in God.	1	2	3	4	5
7. My soul is content because of God's grace.	1	2	3	4	5
8. I fully consent to God's plan for my life.	1	2	3	4	5
9. God directs every situation I am in with wisdom.	1	2	3	4	5
10. I see God's goodness in both the ups and downs of my life.	1	2	3	4	5

### **Citation:**

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