

4 Secrets of Contentment

Do you want to live with less fatigue, less anxiety, less conflict, and less dissatisfaction? The key to that kind of life is contentment. As the Bible says,

“It’s better to be satisfied with what you have than to always be wanting something else.”

Ecclesiastes 6:9 (GNT)

Stop comparing YOURSELF TO OTHERS.

The problem with comparing is that it leads to coveting, and the Bible is clear about coveting:

“You shall not covet . . . anything that belongs to your neighbor.”

Exodus 20:17 (NIV)

You can learn to admire without having to acquire, to rejoice in other people's prosperity without feeling like you need to have the same things.

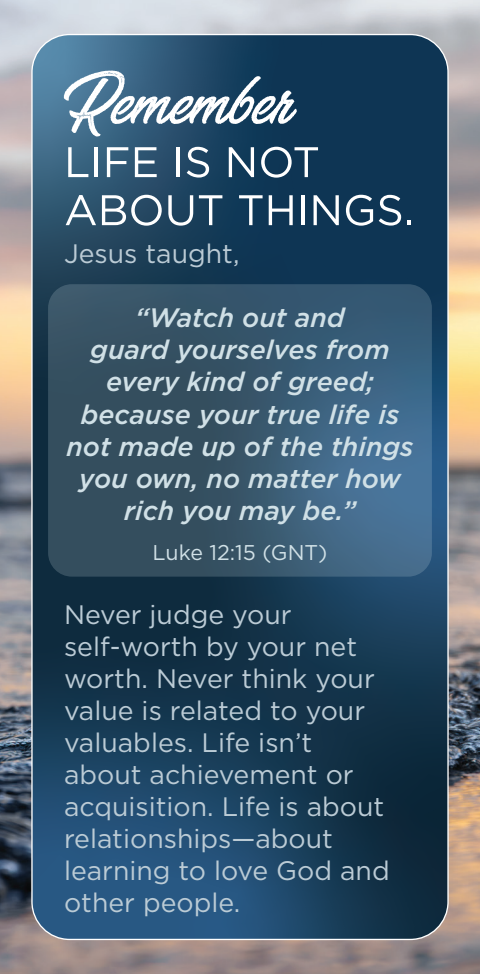
Enjoy WHAT YOU HAVE.

Too often we're so busy going after what we want that we don't stop and enjoy what we've already got. And you already have so much. God created taste buds and then gave you flavorful food; he created eardrums and then gave you music. The Bible says,

“God richly gives us everything to enjoy.”

1 Timothy 6:17 (NCV)

God wants you to enjoy life, not just to endure it.



Remember

LIFE IS NOT ABOUT THINGS.

Jesus taught,

*“Watch out and
guard yourselves from
every kind of greed;
because your true life is
not made up of the things
you own, no matter how
rich you may be.”*

Luke 12:15 (GNT)

Never judge your self-worth by your net worth. Never think your value is related to your valuables. Life isn't about achievement or acquisition. Life is about relationships—about learning to love God and other people.

FOCUS ON WHAT WILL *last forever.*

The building you live in will one day fall down. The shade tree you enjoy will eventually decay. But two things will last forever: the Word of God and people. So it's always worth your time filling your mind with his Word and investing your life in loving others. As the Bible says,

“We fix our attention not on things that are seen, but on things that are unseen. What can be seen lasts only for a time, but what cannot be seen lasts forever.”

2 Corinthians 4:18 (GNT)

You've got a choice to make.

Are you going to listen to the culture or to Christ? To the world or to the Word? One will make you dissatisfied; the other will make you content. The world says, "You can have it all." But the truth is, you can't have it all. And more importantly, you don't need it all to be happy.

The secret to contentment is finding your security and satisfaction not in what you have but in who you belong to. You find your contentment in Christ.

Real contentment doesn't come from having more stuff. It comes from knowing God and being loved by him. And we can trust his promise:

“You make known to me the path of life; in your presence there is fullness of joy.”

Psalm 16:11 (ESV)



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