

60 SECONDS IN THE SCRIPTURES

CONTENTMENT

THE FACTS:

- ✓ We've all experienced times in our lives when we didn't feel happy with the situation we were in at work, at home, with what we have, or even with ourselves.
- ✓ It is often the case that we focus on physical things to make us happy (i.e. new house, car, money, physical appearance, entertainment, etc.) when these will all be gone someday (1 John 2:15-17).
- ✓ The problem is a lack of contentment, which is "feeling satisfaction with your possessions, status, or situation" (m-w.com; "contented")
- ✓ Real happiness and real contentment do not depend on the outward circumstances of life as Solomon got anything his heart desired, but he still hated life (Ecc. 2:4-17).
- ✓ God wants us to understand that living our lives for Him is the best way we can be content, focused on the spiritual rather than the physical (Ecc. 12:13; 1 Tim. 6:6,7)

THE FOCUS:

- ✓ To be more content, the best thing we can do is live in the moment since we are not promised another day (Pro. 27:1; James 4:14).
- ✓ It is important to "redeem the time" that we have (Eph. 5:16) making time for God, our marriages/family, and even time for ourselves (Mat. 6:33; Eph. 5; Mark 6:31).
- ✓ It is important to be grateful for all that we have and maintain a positive attitude no matter what (1 The. 5:18; Col. 3:15; James 1:17; Phi. 4:13; Mark 10:27)
- ✓ Contentment is a choice that will allow more peace in our lives in any situation we are facing (Phi. 4:7-11).