

Mastering the Art of Consistent Contentment

Would you say you're happy with your life? Are you satisfied and content? If your answer is no, I have good news for you: You can learn how to be content—no matter where you are in life or what your circumstances may be.

In Philippians 4:11-12, the apostle Paul says, "...I have learned how to be content (satisfied to the point where I am not disturbed or disquieted) in whatever state I am. I know how to be abased and live humbly in straitened circumstances, and I know also how to enjoy plenty and live in abundance. I have learned in any and all circumstances the secret of facing every situation, whether well-fed or going hungry, having a sufficiency and enough to spare or going without and being in want," (AMPC).

This Scripture is so encouraging because it's clear that we can make the decision to learn how to be content and satisfied no matter what we're doing or what's going on. As born-again believers in Christ, we have the power of God in us and our attitudes and emotions don't have to be ruled by our circumstances.

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The word discontent means "not satisfied, unhappy, a sense of resentment, jealousy, complaining, grumbling, murmuring, to be depressed, downcast or have a sad countenance." People are usually discontent when they don't have something they want or things are not going the way they expected them to.

I wasted a lot of years believing if my circumstances were a certain way or the people in my life behaved a certain way, then I would be happy and satisfied. But I discovered that I

was the one who needed to change, because real joy and happiness are not based on what we have or what our circumstances are like.

The truth is the world is full of people who have what we may think we want, and they're not happy either. Some of the most unhappy people in the world are the people who have it all. Being content is not about fame, how much money you have, your position at work, your social status, level of education or where you come from. It's about having a heart attitude that is grateful, selfless and happy when good things happen to others.

The Bible says in 1 Timothy 6:6 that "godliness accompanied with contentment (that contentment which is a sense of inward sufficiency) is great and abundant gain," (AMPC). This shows us that a godly person who is content is in the best place he can be.

The word content means "satisfied to the point where you're not disturbed no matter what's going on." I want to clarify that it doesn't mean you don't want anything to change; it means you're not disturbed where you are while you're waiting for change to happen because you're trusting God to work things out for you.

To be content, you have to have a humble attitude. Humility doesn't come easily, but it's a godly virtue that should be pursued more than anything else.

See, the happiest, most content people are truly thankful for what they have because they realize that truthfully, they deserve nothing. They understand that if it were not for the grace, mercy, kindness and goodness of God, they would be

absolutely nothing. They have a humble attitude that says, "God, I am desperate for You every minute of every day. I can do nothing without You."

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Being satisfied and thankful is a decision we make, and it comes from a humble heart that sincerely trusts God. We can't be satisfied if we don't trust God. He's on our side and He knows what is best for us. So we need to come to the place in our relationship with Him that we are willing to let go of what we want (or what we think we want) and trust Him to do what is right for us.

Another key to contentment is having a personal, intimate relationship with God, and not just religious activities. Jesus gave His life so we could have new life through His sacrifice and so the Holy Spirit could live in us. God wants us to have confidence that He loves us and that He speaks to our hearts, giving us discernment to know right from wrong and wisdom for every decision we make. He wants us to talk to Him about everything that concerns us because He cares about everything in our lives.

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