

The Key to Contentment

Psst ... need a clue? Check your heart.



Are you a content, satisfied, joyful Christian? If you are, can you say that you are *consistently* content, satisfied and joyful? I know few Christians who are consistently content. I used to be one of the discontent.

I grew up in an abusive situation and experienced a lot of disappointment, discouragement and discontentment because of it. For many years I believed good things wouldn't happen to me and that it was better to expect nothing so I wouldn't be disappointed. Well, it didn't work, and I was still miserable anyway. See, I was expecting nothing, and nothing is what I got.

It was a breakthrough for me when I realized that God truly loves me unconditionally and has good plans for my life. He wants to bless me and be good to me. But He also wants me to trust Him and put my expectation in Him so He can do great things in my life.

Ephesians 3:20 says God "is able to [carry out His purpose and] do superabundantly, far over and above all that we [dare] ask or think [infinitely beyond our highest prayers, desires, thoughts, hopes, or dreams]" (AMP). God wants us to expect great things from Him!

I've found that sometimes we pray and ask God for things, but then we expect people such as spouses, bosses, family members or friends to give them to us. Then when people don't give us what we want, we get disappointed and discouraged.

The problem is, God wants us to trust *Him*—not people—to give us what we need and want. So when I ask Him for something and don't get it, I need to trust that He's doing what's right for me and what He will do is actually better than what I asked

for to begin with.

I really want you to get this: You can get rid of a lot of disappointment, discouragement and discontentment in your life by learning how to put your hope and expectation in God.

Let's take a look at what expectation is. Expectation has a lot to do with what's going on inside you—it's a heart issue. It's an attitude of trust and faith in God that says, "God, I thank You that You're working on my behalf even when I can't see it and things don't go the way I want them to." Faith in God expects a breakthrough when God says it's time for us to get it.

Here's an exciting truth: If your hope and expectation are in God, then there's no devil in hell and no person on earth who can keep you from God's great plans for your life!

Remember that Ephesians 3:20 says God can do "superabundantly, far over and above all that we [dare] ask or think [infinitely beyond our highest prayers, desires, thoughts, hopes, or dreams]." Are you daring to ask God for great things in your life? We serve a great God, and He wants us to expect great things from Him.

If you're not expecting anything from God, I want to encourage you to stop thinking He can't or won't do anything for you, because God is bigger than anything you think is wrong with you. He's not asking you to be perfect and earn or deserve His goodness to you. He's looking for your faith.

I'm not saying we can just live sloppy lives and make foolish choices and experience the great things God has for us. But I am saying that if we do the best we can and truly repent when we make mistakes, we can expect the goodness of God to pour into our lives and do great things for us.

Think about your expectations. What are they and who are you looking to for them to be fulfilled? Each day we need to make

a conscious decision to put our expectations and hope in God. You can start by saying: "Lord, I'm expecting to hear from You today. I'm expecting to be led by Your Spirit and have Your peace and joy. I'm expecting to have an opportunity to be a blessing today and that You will give me favor. And no matter what comes my way, I'm expecting to have Your strength to endure it with a good attitude."

Put your expectation in the Lord, and enjoy the contentment and satisfaction only He can bring.

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