

## GOT PEACE? "THE LAW OF CONTENTMENT"

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"A heart at **peace** gives life to the body, but **envy** rots the bones." Proverbs 14:30 (NIV)

"Enjoy what you have rather than desiring what you don't have." Eccl. 6:9 (NLT)

### "CONTENTMENT is..."

- Not COMPLACENT
- Not LAZY
- Not ESCAPE

**CONTENTMENT IS:** "*Abiding peace no matter the circumstances.*"

## THE EFFECT OF ALWAYS WANTING MORE

### • **WANTING MORE BRINGS MORE FATIGUE**

"Do not wear yourself out to be rich; have the wisdom to show restraint." Proverbs 23:4

### • **WANTING MORE BRINGS MORE EXPENSES**

"The more you have, the more people come to help you spend it. So what is the advantage of wealth—except perhaps to watch it run through your fingers!" Ecclesiastes 5:11 (NLT)

### • **WANTING MORE BRINGS MORE ANXIETY**

"A working man...can get a good night's sleep. But the rich man has so much that he stays awake worrying." Ecclesiastes 5:12 (GN)

### • **WANTING MORE BRINGS MORE DISSATISFACTION**

"If you love money, you will never be satisfied; if you long to be rich, you will never get all you want. It is useless." Ecclesiastes 5:10 (GN)

"I have learned the secret of being content ... whether living in plenty or in want." Philippians 4:12

## HOW CAN I LEARN TRUE CONTENTMENT?

### 1. LEARN TO AVOID COMPARISONS

"... I have learned to be **content** whatever the circumstances." Philippians 4:11b

"Godliness with **contentment** is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be **content** with that." 1 Timothy 6:6-8

### 2. LEARN TO ADJUST TO CHANGING CIRCUMSTANCES

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in **any and every situation**, whether well-fed or hungry, whether living in plenty or in want." Philippians 4:12

"We do not look at what we can see right now, the troubles all around us, but we look forward to the joys in heaven... The troubles will soon be over, but the joys to come will last forever." 2 Corinthians 4:18

### 3. LEARN TO TRUST IN CHRIST POWER

"I have **learned the secret** of being content... I can do everything through Him who gives me strength." Philippians 4:12b,13

"But God said to me, 'My grace is sufficient for you, for my power is made perfect in your weakness.'" 2 Corinthians 12:9

### 4. LEARN TO TRUST GOD TO MEET YOUR NEEDS

"Yet it was good of you to share in my troubles... you sent me aid again and again when I was in need... And my God **will meet all your needs** according to His glorious riches in Christ Jesus." Philippians 4:14,16,19

## **TIME WITH GOD**

The Bible was written to us, the Psalms were written for us. They are the prayers and songs of the Bible. As you read through the Psalms, make these prayers your prayers. Paraphrase verses to become your prayers to the Lord. Write out your own Psalms to the Lord. How powerful it is to pray back God's Word to Him. Blessings on your daily time with the Lord.

Monday – Read Psalm 128-30

Tuesday – Read Psalm 131-134

Wednesday – Read Psalm 135-138

Thursday – Read Psalm 139-142

Friday – Read Psalm 143-146

Saturday – Read Psalm 147-150