

## Discovering Contentment

In **Psalm 4:8** David in the midst of his distress writes "I will both lie down in peace, and sleep." What is the relationship between peace and sleep? The lyrics in the song Silent Night include the phrase "sleep in heavenly peace." Do you sleep in heavenly peace? Do you sleep like a baby? Someone said that they sleep like a baby. They wake up every two hours and cry. It is hard to sleep if you are not at peace with yourself. Do you sleep with peace of mind and contentment? The Bible teaches us how to sleep like a contented baby.

**Psalm 23:1-2** says "The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters."

**Psalm 46:10** says to "Be still, and know that I am God." How can **stillness** and **silence** allow peace and contentment to flow into your heart? Noise and movement are distractions. Our life is so full of clutter. We will never be content and at peace until we simplify our life. What is some of the clutter in your life? We can learn to empty our mind of many distractions and replace them with peaceful thoughts and contentment. Meditation and relaxation techniques can help. God's Word shows us how to find true contentment.

**Psalm 27:14** says to "Wait on the Lord; be of good courage, and He shall strengthen your heart; wait, I say, on the Lord!" Why is it so hard to learn to wait on the Lord? We want it all and we want it now. We don't know the best timing, but God does.

**Psalm 29:11** promises that "The Lord will bless His people with peace." **How** can you achieve the blessing of peace? God provides the blessing of peace and contentment to those who trust and serve Him.

Paul wrote in **Philippians 4:11-12** that "I have learned in whatever state I am, to be content. I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need." How can a person **learn** to be content? Remember the values our parents and grandparents taught us. Learn from life experiences. See others in poverty and need. Listen to Bible teachings. A Mayo Clinic article revealed that people who are contented seem to intuitively know that their contentment is the result of their life choices. Their lives are built on the following five pillars: 1. Devoting time to family and friends. 2. Appreciating what they have. 3. Maintaining an optimistic outlook. 4. Feeling a sense of purpose. 5. Living in the moment.

**1 Timothy 6:6-8** says "Now godliness with contentment is great gain. For we brought nothing into this world, and it is certain we can carry nothing out. And having food and clothing, with these we shall be content." The richest man, whatever his lot, is he who is content with what he has got. - Dutch Proverb  
A contented mind is the greatest blessing a man can enjoy in this world. - Joseph Addison

**Hebrews 13:5** says "Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, I will never leave you nor forsake you." So many people are always wanting more and are never satisfied. "You say, 'If I had a little more, I should be very satisfied.' You make a mistake. If you are not content with what you have, you would not be satisfied if it were doubled." - Charles H. Spurgeon

**Colossians 3:15** says "And let the peace of God rule in your hearts." How does the peace of God rule in your heart?

In **John 14:27** Jesus said "Peace I leave with you, My peace I give to you; not as the world gives do I give to you." What is different about the peace that Jesus gives and the world gives? Jesus gives deep, lasting peace. The world gives shallow, temporary peace.

How do people find the peace and contentment that Jesus promised? Paul writes in **Romans 5:1** "Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ." He adds in **Romans 15:13** "Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit." Becoming a child of God is the first step. A Christian has access to peace and contentment that cannot be found outside of Christ.

## Contentment Quotes

How do these Contentment Quotes help you understand the importance of contentment?  
What ideas do they suggest that you can use to live a more contented life?  
Pick out one at a time, read it, and decide how you can apply it.

Contentment is the only real wealth. - Alfred Nobel

Nine Requisites for Contented Living:

- Health enough to make work a pleasure
- Wealth enough to support your needs
- Strength to battle with difficulties and overcome them
- Grace enough to confess your sins and forsake them
- Patience enough to toil until some good is accomplished
- Charity enough to see some good in your neighbor
- Love enough to move you to be useful and helpful to others
- Faith enough to make real the things of God
- Hope enough to remove all anxious fears concerning the future - Johann Wolfgang von Goethe

True happiness comes from a sense of peace and contentment, which in turn must be achieved through the cultivation of altruism, of love and compassion, and elimination of ignorance, selfishness, and greed. - Dalai Lama

Faith on a full stomach may be simply contentment but if you have it when you're hungry, it's genuine. - Frank A. Clark

There's such a thing as too much happiness and sadness. What I'm after is contentment. - Ray Charles

You can't have everything. Where would you put it? - Steven Wright

My crown is called content, a crown that seldom kings enjoy. - William Shakespeare, King Henry VI

Be content with your lot; one cannot be first in everything. - Aesop's Fables

Contentment is a pearl of great price, and whoever procures it at the expense of ten thousand desires makes a wise and a happy purchase. - John Balguy

True contentment is getting out of any situation all that there is in it. - Gilbert Keith Chesterton

The richest man, whatever his lot, is he who is content with what he has got. - Dutch Proverb

A contented mind is the greatest blessing a man can enjoy in this world. - Joseph Addison

Do not spoil what you have by desiring what you have not. Remember that what you now have was once among the things you only hoped for. - Epicurus

There is no end of craving. Hence contentment alone is the best way to happiness. Therefore, acquire contentment. - Sivananda

Whatever we are waiting for - peace of mind, contentment, grace, the inner awareness of simple abundance - it will surely come to us, but only when we are ready to receive it with an open and grateful heart. - Sarah Ban Breathnach