

## FINDING CONTENTMENT IN LIFE

Contentment. It is something we all aspire to achieve. The word is defined by *Wikipedia* as “a mental or emotional state of satisfaction maybe drawn from being at ease in one’s situation, body and mind. Colloquially speaking, contentment could be a state of having accepted one’s situation and is a milder and more tentative form of happiness.”

In the article *Being Content* from his book *Biblical Principles Under Scrutiny*, Larry Burkett wrote this: “One of the great mysteries of Christianity is contentment. At least, one must presume it is a mystery because so few people live it. Yet contentment is not something to be found; it is an attitude.”

Here is what some notable people have said on the subject:

- “Our society has inundated us with the importance of importance. We have been conditioned to believe in the big, the fast, the expensive, and the faraway. I’m still convinced that if you have to move even 10 inches from where you are now in order to be happy, you never will be. Life becomes precious and more special to us when we look for the little everyday miracles and get excited again about the privilege of simply being human.”  
– Tim Hansel, author, popular speaker and seminar leader
- “He who has God and many other things has no more than he who has God alone.”  
– C.S. Lewis, British novelist, poet, lay theologian and Christian apologist
- “It isn’t what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it.”  
– Dale Carnegie, lecturer and developer of the famous course in self-improvement, public speaking and interpersonal skills
- “Many people lose the small joys in the hope for the big happiness.”  
– Pearl S. Buck, writer and daughter of missionaries who spent most of her life before 1934 in China
- “He who is not contented with what he has would not be contented with what he would like to have.”  
– Socrates, Greek philosopher
- “Being content is perhaps no less easy than playing the violin well, and requires no less practice.”  
– Alain de Botton, Swiss-born, British-based philosopher
- “My main job is to live with deep contentment, joy, and confidence in my everyday experience of life with God. Everything else is job number two.”  
– John Ortberg, Christian author and senior pastor of Menlo Park Presbyterian Church
- “What day is it?” asked Pooh. “It’s today,” squealed Piglet. “My favorite day,” said Pooh.  
– A.A. Milne, author and creator of *Winnie the Pooh*

(more)



And the Apostle Paul states:

- *Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need (Philippians 4:11-12 ESV).*
- *But godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world. But if we have food and clothing, with these we will be content (1 Timothy 6:6-8 ESV).*

– Beecher Hunter