

# How can I teach myself to be content?



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- **Definitions:**

- Happiness – *“an emotional state of physically good feelings, usually a result of circumstances”*

- Content – *“a peaceful state of mind in which one rests without desires, even though every wish may not have been gratified”* – I am sufficient for today; Connected to Joy  
“blessedness”

- Satisfaction (lack of) seeks a better tomorrow



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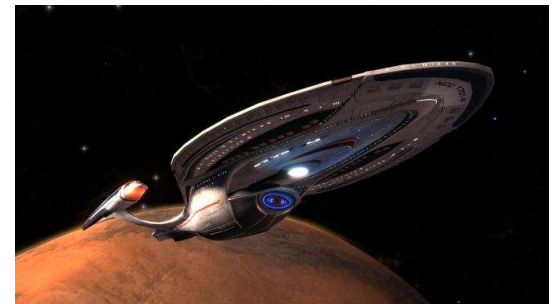
- 1. Accept that hard times will come: Job 2:10; Phil. 4:11**
  - But when they do, be prepared by knowing that God will see you through them: Heb. 13:5-6; Psm. 23:1
- 2. Count your blessings: I Tim. 6:6-9, Eph. 1:3**
  - “Contentment is not the fulfillment of what you want, but the realization of how much you already have.” – Unknown
  - “The richest man is not he who has the most, but he who needs the least.” - Unknown

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- “When I'm worried and I can't sleep I count my blessings instead of sheep and I fall asleep counting my blessings. when my bankroll is getting small I think of when I had none at all and I fall asleep counting my blessings.” *Bob Wallace/Bing Crosby – White Christmas*

- “It’s hard to be happy [content] about anything when all you’re thinking about is what you don’t have.” *Star Trek Online*



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3. Give God thanks: Psm. 136:1-3, 26;  
1 Thess. 5:18

- Phil. 4:6-7 – Contentment brings peace, regardless of God's answer to prayer



# **The Content Christian:**

- I am content in my state, yet I still seek to always improve**
- I focus on what I have, not what I want, and I am thankful**
- In time, I train myself to be content and thankful “in all things”**
- I am careful to remind myself of God’s blessings, and that while He gives me all things “richly to enjoy” I should not trust in them.**