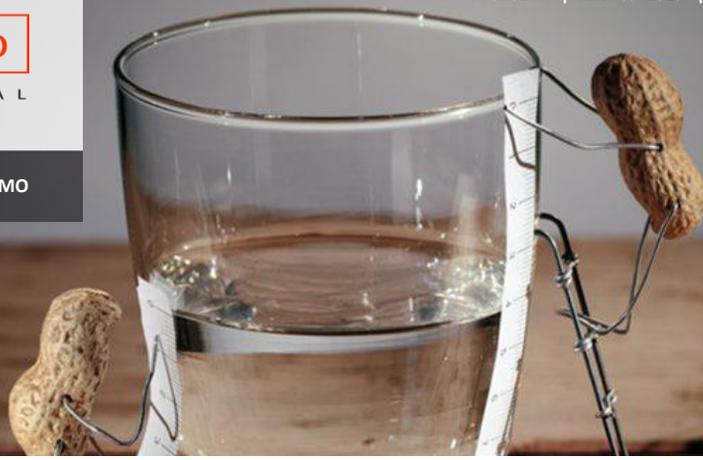


BY PASTOR WALE AFELUMO



LIVING IN CONTENTMENT

SCRIPTURAL REFERENCE
 Philippians 4:9-13 (AMPC)

ADDITIONAL STUDY
 Matthew 6:25-34, Ephesians 5:20, & 1
 Timothy 6:6-8

PRAYER POINTS

+ Count your blessings and thank God for them.
 + Pray for grace to remain stable and focused on God regardless of your situation; and strength to choose to live in contentment at all times.

Not that I am implying that I was in any personal want, for I have learned how to be content (satisfied to the point where I am not disturbed or disquieted) in whatever state I am. Philippians 4:11 (AMPC)

One secret to lead a life of joy and peace is to learn contentment. Situations in life will always change and we can sometimes be affected; but, any Christian who has learnt through Christ to be content will go through these situations unflinchingly. Contentment is a state of happiness and satisfaction. It is having a sense of fulfillment and peace. Apostle Paul made it clear in the text that he had learnt how to be content, i.e. satisfied to the point where he wasn't bothered with the changing times he lived in. And he admonishes us to practice the same things we have learnt and seen in him.

Thus, being content would mean, being stable and focused on Jesus regardless of the times, and not shifting from our position of devotion to Him. Things may not always be the way we want them, but we must always be the way God wants us to be – consistent in service, worship and prayers, keeping our attitude and temper under the Holy Spirit's control as we relate to people around us and as we go through changing times.

Also, 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, another meaning of being content is not to be greedy or envious of what other people have, but to be satisfied and thankful for what God has given you because He has promised that He will always be with you. He's got your back; He will be faithful to you. You won't always be like this; in your low moments, always remember that He is there, and let that cheer you up.

Leading a life of contentment is a choice you make; however it can be developed. To develop a lifestyle of contentment therefore, firstly, you should *be* thankful for where you are, who you are and what you have. True contentment does not depend on what you have but on how you see what you have. "Albert Einstein said, "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

Secondly, you should free yourself from the pressure to be like someone else...especially materially. You don't know what happens behind closed doors – the person you aspire to be like also has his/her own challenges. Finally, you must learn to laugh even in the face of lack. Make a choice to be happy. Don't let your joy or laughter be dependent on what you have or have not accumulated or attained; for we brought nothing into this world and we will leave this world with nothing (1 Timothy 6:7).

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