

FINANCIAL FITNESS

The Law of Contentment
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Key Verse:

Ecclesiastes 6:9b (GNT)

...It is better to be satisfied with what you have than to be always wanting something else.

THE LAW OF CONTENTMENT

Proverbs 14:30 (CEV)

It's healthy to be content, but envy can eat you up.

FIVE DAMAGING EFFECTS OF WANTING MORE

1. Wanting more brings more fatigue.

Proverbs 23:4 (NLT2)

4 Don't wear yourself out trying to get rich. Be wise enough to know when to quit.

2. Wanting more brings more expenses.

Ecclesiastes 5:11 (NLT2)

11 The more you have, the more people come to help you spend it. So what good is wealth—except perhaps to watch it slip through your fingers!

3. Wanting more brings more anxiety.

Ecclesiastes 5:12 (TLB)

12 The man who works hard sleeps well whether he eats little or much, but the rich must worry and suffer insomnia.

4. Wanting more brings more conflict.

Proverbs 15:27a (NIV)

27 A greedy man brings trouble to his family...

1 Timothy 6:9 (NLT2)

9 But people who long to be rich fall into temptation and are trapped by many foolish and harmful desires that plunge them into ruin and destruction.

5. Wanting more brings more dissatisfaction.

Ecclesiastes 5:10 (NIV)

10 Whoever loves money never has money enough; whoever loves wealth is never satisfied with his income. This too is meaningless.

Ecclesiastes 6:9b (GNT)

9 ...It is better to be satisfied with what you have than to be always wanting something else.

Philippians 4:12 (NIV)

12 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.

HOW TO LEARN CONTENTMENT

1. Stop comparing myself to others.

2 Corinthians 10:12 (NIV)

12 We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise.

Exodus 20:17 (NIV)

17 "You shall not covet your neighbor's house. You shall not covet your neighbor's wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor."

2. Enjoy what you have.

Ecclesiastes 5:19 (GNT)

19 If God gives us wealth and property and lets us enjoy them, we should be grateful and enjoy what we have worked for. It is a gift from God.

1 Timothy 6:17 (NLT2)

17 Teach those who are rich in this world not to be proud and not to trust in their money, which is so unreliable. Their trust should be in God, who richly gives us all we need for our enjoyment.

3. Remember, life is not about things.

Luke 12:15 (GNT)

15 And he went on to say to them all, "Watch out and guard yourselves from every kind of greed; because your true life is not made up of the things you own, no matter how rich you may be."

Proverbs 30:7-9 (NLT2)

7 O God, I beg two favors from you; let me have them before I die.

8 First, help me never to tell a lie. Second, give me neither poverty nor riches! Give me just enough to satisfy my needs.

9 For if I grow rich, I may deny you and say, "Who is the LORD?" And if I am too poor, I may steal and thus insult God's holy name.

4. Focus on what will last forever.

2 Corinthians 4:18

18 For we fix our attention, not on things that are seen, but on things that are unseen. What can be seen lasts only for a time, but what cannot be seen lasts forever.

Psalms 17:15 (TLB)

15 But as for me, my contentment is not in wealth but in seeing you and knowing all is well between us. And when I awake in heaven, I will be fully satisfied, for I will see you face to face.