

Contentment

Unsubscribe: Saying NO in Order to Say YES

May 26, 2019

The Freedom of Contentment

Psalm 23...

His **provision** is enough for all our physical and material needs (v.1)

His **presence** is sufficient for all our emotional needs (v.2-3a)

His **providence** is perfect for all our future needs. (v.3b)

Who Has Time?

We can't say, "Yes" to everything!

Hurry Sickness: "a continuous struggle, an unremitting attempt to accomplish or achieve more and more things or participate in more and more events in less and less time." - Meyer Friedman

If we want to seek God's Kingdom above all, we will need to use our time differently, choosing the meaningful over the urgent, which will open the door to lasting contentment

Seeking the Kingdom of God

³¹ “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ ³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. ³⁴ “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” - Matthew 6:31-34 NLT

Two Keys to Seeking God's Kingdom

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.” - Matthew 6:33

1. Get the priority right.

We often seek “everything we need” and God's Kingdom afterwards

2. Make God's Kingdom the ONE glorious ambition of your life!

A habit or a passion can only be given up for a greater habit or passion.

Christ First In *All* Things

“The antidote to our double-minded, worry-filled lives is to make a daily choice to put Christ first. This doesn’t mean Jesus rises to the top of our already crowded list of priorities. Instead, in everything we do we seek first God’s Kingdom. His claim over our lives is all-encompassing. He gets to call the shots. We seek His direction and glory in our marriages, finances, friendships, and even our downtime. All of life comes under the loving rule and reign of our King and Savior, Jesus Christ.” - Essentials, *Christ First*

Obstacles to Choosing the Meaningful Over the Urgent

1. **Tidoptimism:** A form of optimism that believes you can cram more into your day than you can possibly accomplish
2. **Perfectionism:** Making things more difficult or complicated and time-consuming than is necessary in your attempt to “get it right”
3. **Overachieving:** You do more more than is required and are driven by external accolades and praise.
4. **Over-Responsibility:** You consistently do for others what they can do for themselves, so you end up taking on tasks you were never meant to!
5. **Approval Addiction:** You don't want to disappoint anyone. You want to measure up and gain the approval of others.
6. **Excessive Guilt:** You have an overly sensitive conscience and feel you must apologize for things that aren't even your fault! You end up overcommitting in ways you simply don't have time for.

** Adapted from Valorie Burton's, It's About Time.

Being Concerned With One Thing

“⁴⁰ But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, “Lord, doesn’t it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me.”⁴¹ But the Lord said to her, “My dear Martha, you are worried and upset over all these details! ⁴² There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.” - Luke 10:40-42

“You must go there with Mary and afterwards you may work with Martha.” - Charles Spurgeon

Contentment With Our Schedules

1. Prioritize

Begin each day with a simple and singular focus - Jesus

Instead of asking, "Why not?" ask, "Why must" I do this?

2. Pause

Make time for rest and sabbath

"Slowing is a way we counter our culture's mandate to tend to the bottom line, to move it or lose it, to constantly be on the go. It is a way we honor our limits and the fact that God is found in the present moment."
- Adele Calhoun

3. People

Life is all about relationships: our relationship with God and our relationship with others

What do you want to do today? And one hundred years from now, what is it we wish we would have done today? From the perspective of eternity, everything will be clarified.