

Jesus Gives Real Contentment

(How to be happy with who you are, where you are)
(SERIES: POLYESTER JESUS; 02 of 07)
by Dr. David Foster

“Blessed are those who hunger and thirst for righteousness, for they will be filled.” (Matthew 5:6 NIV)

“But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction.” (1 Tim 6:6-9 NIV)

“Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare.” (Isa 55:1-2 NIV)

More of more

Brings more **fatigue**.

“Don’t wear yourself out trying to get rich. Be wise enough to know when to quit.” (Proverbs 23:4 NLT)

Brings more **anxiety**.

“People who work hard sleep well, whether they eat little or much. But the rich seldom get a good night’s sleep.” (Ecclesiastes 5:12 NLT)

Brings more **dissatisfaction**.

“Enjoy what you have rather than desiring what you don’t have. Just dreaming about nice things is meaningless—like chasing the wind.” (Eccl 6:9 NLT)

Real Contentment

Stop **comparing**.

“A heart at peace gives life to the body, but envy rots the bones.” (Pro 14:30 NIV)

Stop **disappearing**.

“Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity. For they shall soon be cut down like the grass, and wither as the green herb. Trust in the LORD, and do good; so shalt thou dwell in the land, and verily thou shalt be fed. Delight thyself also in the LORD: and he shall give thee the desires of thine heart. Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.” (Psalm 37:1-5 KJV)

Stop **worrying**.

“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. 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)

Start **worshipping**.

“Shout for joy to the LORD, all the earth. Worship the LORD with gladness; come before him with joyful songs. Know that the LORD is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the LORD is good and his love endures forever; his faithfulness continues through all generations.” (Psalm 100 NIV)