

Contentment with what we have is absolutely vital to our spiritual health. King Solomon understood this principle: Being content with what one has today is better than being anxious about what one wishes he / she had. Living in a state of “continual longing”, Solomon wrote, “is futile - like chasing the wind.” Sometimes we forget the lessons of Eden; that God created a world for us to enjoy on a daily basis. Yes, that world has been marred by sin and sin’s ill effects, but that does not mean we should be dissatisfied with the joys we *can* experience each day. The apostle Paul affirmed the benefits of contentment in 1 Timothy 6:6-10.

Ask God for wisdom in finding the balance between what you have, and what you desire.

Ecclesiastes 6:9 “It is better to be content with what the eyes can see than for one’s heart always to crave more. This continual longing is futile - like chasing the wind.”