**Enough Is Enough –** Week 2

“Contentment”

*I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it.  I am not saying this because I am in need, for I have learned to be content whatever the circumstances.  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. I can do everything through him who gives me strength.* ***Philippians 4:10-13***

1. Contentment is learned.

* Contentment is not happiness.
* Contentment is not giving up or giving in.

1. Contentment is being at peace regardless of my circumstance.

* The myth of greener grass

*I thought in my heart, "Come now, I will test you with pleasure to find out what is good." But that also proved to be meaningless. "Laughter," I said, "is foolish. And what does pleasure accomplish?"  I tried cheering myself with wine, and embracing folly--my mind still guiding me with wisdom. I wanted to see what was worthwhile for men to do under heaven during the few days of their lives.* ***Ecclesiastes 2:1-3***

* The myth of more

*I denied myself nothing my eyes desired; I refused my heart no pleasure. My heart took delight in all my work, and this was the reward for all my labor. Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun.* ***Ecclesiastes 2:10-11***

* The trap of comparison

*And I saw that all labor and all achievement spring from man's envy of his neighbor. This too is meaningless, a chasing after the wind.* ***Ecclesiastes 4:4***

1. Learning the source of contentment:

* Turns comparing into celebrating.

*Rejoice with those who rejoice.* **Romans 12:15**

* Cultivates gratitude.

*For the despondent, every day brings trouble; for the happy heart, life is a continual feast.* ***Proverbs 15:15***