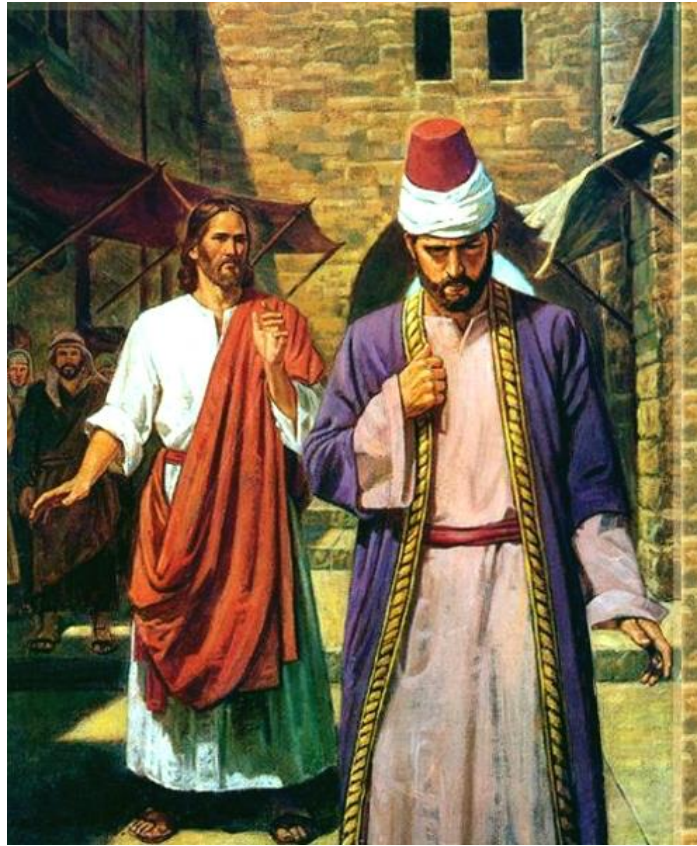




“BUT HE WAS SAD AT THIS WORD, AND WENT AWAY
SORROWFUL, FOR HE HAD GREAT POSSESSIONS.”
– MARK 10:22

Learning to Live in Contentment

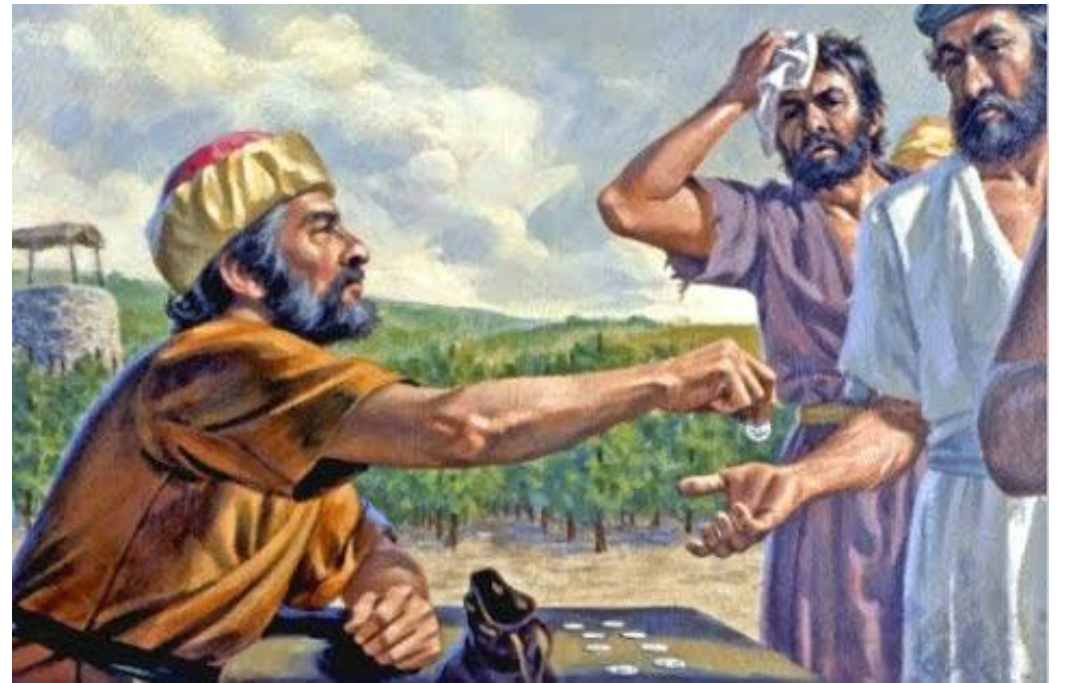
4TH SUNDAY OF HATHOR

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What does it mean to be content?

Parable of the workers of the 11th hour (Matt. 20:1-16)

Parable of those invited to the wedding feast (Lk. 14:7-11)



1 Timothy 6:6-10

“Now godliness with contentment is great gain. 7 For we brought nothing into this world, and it is certain we can carry nothing out. 8 And having food and clothing, with these we shall be content. 9 But those who desire to be rich fall into temptation and a snare, and into many foolish and harmful lusts which drown men in destruction and perdition. 10 For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.”

“He who has no desires, has all his desires.” (St. Dorotheos of Gaza)

Evidence of Discontentment

1. Complaining and murmuring

- Complain about what we do not have
 - Consider the Shunammite Woman (2 Kg. 4:8-18)
- Complaining about one's circumstances
- *"Rest is necessary, but growth only occurs during times of struggle."* (An Ascetic Father)

2. Anxiety

3. Looking around

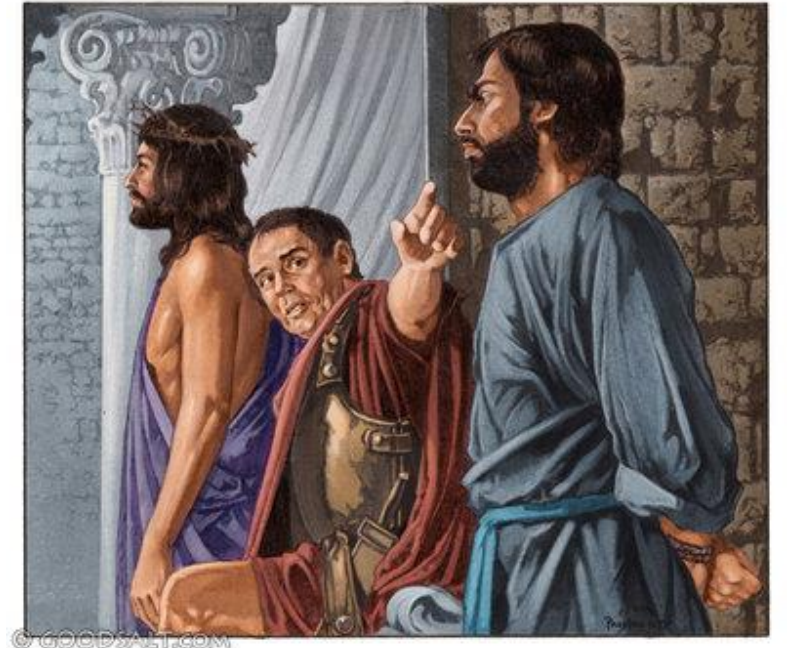
- *"You have not left me in need of any of the works of Your honor."* (Gregorian Liturgy)



3 Keys to Living a Content Life

Desire the right things

“You ask and do not receive, because you ask amiss, that you may spend it on your pleasures. 4 Adulterers and adulteresses! Do you not know that friendship with the world is enmity with God? Whoever therefore wants to be a friend of the world makes himself an enemy of God.”
(Jam. 4:3-4)



3 Keys to Living a Content Life

1. Desire the right things

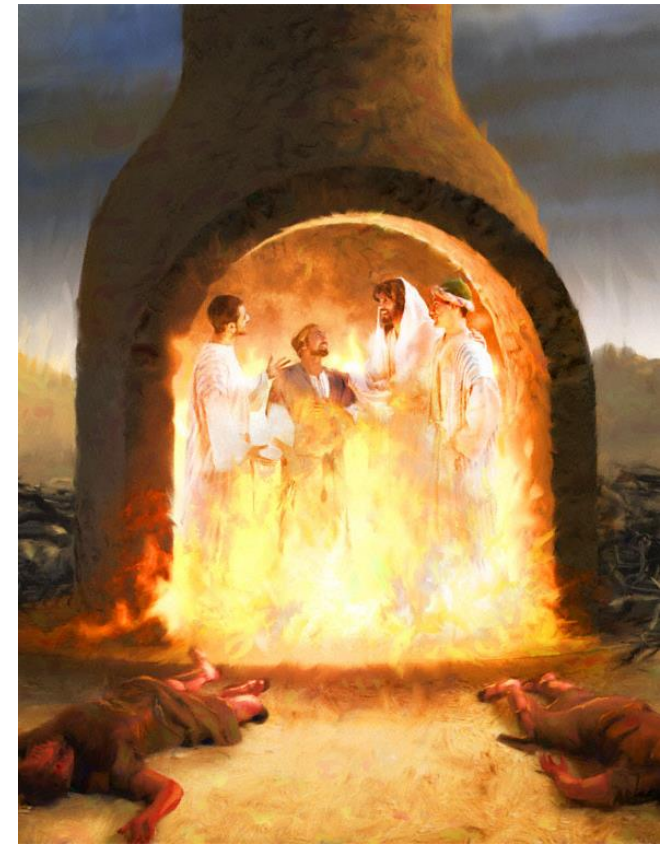
“I urge you in the sight of God who gives life to all things, and before Christ Jesus who witnessed the good confession before Pontius Pilate, 14 that you keep this commandment without spot, blameless until our Lord Jesus Christ's appearing, 15 which He will manifest in His own time, He who is the blessed and only Potentate, the King of kings and Lord of lords, 16 who alone has immortality, dwelling in unapproachable light, whom no man has seen or can see, to whom be honor and everlasting power. Amen.” (1 Tim. 6:13-16)

3 Keys to Living a Content Life

2. Wait on God

3 Holy Youth

“If that is the case, our God whom we serve is able to deliver us from the burning fiery furnace, and He will deliver us from your hand, O king. 18 But if not, let it be known to you, O king, that we do not serve your gods, nor will we worship the gold image which you have set up.” (Dan. 3:17-18)



3 Keys to Living a Content Life

3. Do not compare

“For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.” (2 Cor. 10:12)



Conclusion

Contentment = not desiring more than we have

Desiring more is a temptation and a snare

Learn to be content by:

- Desire the right things
- Wait on God
- Do not compare