

# Contentment:

Being satisfied with one's circumstances.



Paul wrote in 1 Timothy 6:6 that *godliness with contentment is great gain*. The Lord wants us to be satisfied with what we have. Yes, we can have goals and dreams, but those things should not be the driving force of our lives - serving the Lord and living for him should be our purpose in life. The problem is that it is very easy to become discontented in life and in our marriage. The *work* of meeting the many challenges can be daunting and if you have been married more than a year or two, you know that marriage isn't always *fun*. Stress and pressure and the challenges of life can make us irritable and short with each other. If dissatisfaction continues, people begin to think of the *good old days* of love and happiness. Sometimes, even one spouse or the other begins to look outside the relationship. As Jerry Bridges wrote, "The grass is greener on the other side of the fence when you are looking through the glasses of discontent."

To paraphrase J.R.R. Tolkien, 'In a more perfect world or a even a better situation, a person might have found a more perfect mate – but in reality, one's true soul-mate is the one he or she is actually married to.' Marriage is less about *finding* the right person than it is about *being* the right person. Our contentment doesn't come from the situation, but in the Lord our God - the Sovereign God who is in control of all things. Remaining focused on the Lord will help us to endure through the trouble we will inevitably encounter - even if the trouble is in our marriage. Godliness; living in reverence, gratitude, submission, and obedience to God helps bring contentment and contentment is an aspect of godliness. The content person and couple find more peace in their relationship and lives. Contentment is a choice; a choice to love God and love your spouse through every circumstance, to see the positives, rather than focus on the negatives of a situation.

## Helpful Resources:

*Fortified Marriages Resource page:* [www.fortifiedmarriages.com](http://www.fortifiedmarriages.com)

**Book to check out:** *Contentment: The Secret to a Lasting Calm* by Richard Swenson

**Article to check out:** *Comparison or Contentment? Find Joy in Your Marriage* by Whitney Hople - [www.crosswalk.com/family/marriage](http://www.crosswalk.com/family/marriage)

A photograph of a bride and groom in a field. The groom is on the left, wearing a dark suit, and the bride is on the right, wearing a white wedding dress and holding a red bouquet. They are kissing. The background is a field of tall grass under a bright sky.

## FORTIFIED MARRIAGES

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