

LIVING CONTENTED

By Fountain Hendricks

Proverbs 27:7

Have you ever eaten a good meal to the point you couldn't eat anything else? The feeling a person gets when their stomach is full of delicious treats is the same feeling we should be pursuing in our lives. **STRIVE TO LIVE CONTENTED!** It is hard for people to imagine and understand how to live contented.

We see tons of images that inspires us to reach for more, to struggle for more and to attain more. The lust of wanting what we do not have while ignoring what we do have **PREVENTS** us from living contented. There will always be something new to chase. However, **YOU** have to decide when enough is enough.

A good meal eaten **WITH RESTRAINTS** is delightful. A good meal eaten undisciplined is dangerous. A person who eats a good meal undisciplined will end up getting

sick and possibly vomiting. Eating **TOO** much of a good thing could have you feeling horrible. This same concept applies to life.

Chasing what is good without enjoying what you have will make you feel miserable.

ENOUGH IS ENOUGH

There is nothing wrong with chasing good things. God wants you to have good things. However, you have to know when enough is enough. Only **YOU** can determine this. When you are eating a meal no one knows if you are full except you.

No one knows when you had enough except you. Do you know how big your appetite is? This is one of the differences between wise and foolish people. Wise people know when enough is enough. Foolish people

keep indulging themselves until they get sick, go broke or die from stress.

HERE'S WHAT I MEAN:

When a wise person meets the love of their life they **STOP** searching for someone better. They enjoy and cherish the one they love. It doesn't mean they aren't other people better than their love because there's always someone better.

However, a wise person understands that when their **NEEDS** and **WANTS** are **FULFILLED** there's no need to search for anything else. When a foolish person meets the love of their life they **CONTINUE** to search for someone better.

Their idea of continuous quality improvement will cause them to sacrifice a good thing for an average thing. Even though the love of their life may fulfill their needs and

wants, they are not satisfied. Their craving for more will cause them to **LOSE** what they have.

When you overeat a delicious meal you will eventually lose what you consumed.

LIVING FULL

Proverbs 27:7

Proverbs 27:7 says, *“When you are full, not even honey tastes good, but when you are hungry, even something bitter tastes sweet.”* When you are **CONTENT** with what you have good things won't look good. When you are **CONTENT** with your mate a beautiful person will not tempt you.

When you are **CONTENT** with your career, the opportunity to make more money doing something else will not tempt you. When you are **CONTENT** with your home, purchasing a bigger house in a better location will not tempt you. When you find your place of contentment

you will be able to **ENJOY** everything without feeling the temptation to chase for more.

YOU MUST DECIDE

YOU must decide when enough is enough! God will **NOT** make this decision for you. Most people have been blessed with plenty of good things. However, their undisciplined mentality led them toward living with stress, feeling overwhelmed and regretful.

Sometimes the grass is not greener on the other side. Sometimes good is enough when it pertains to your happiness. Wise people rely on their discernment to recognize when enough is enough.

If you do not have the spirit of discernment ask the Holy Spirit to give it to you. The spirit of discernment will inform you when enough is enough. Life will feel better when you reach the place of contentment!

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