

intentionality

"Content is a word unknown to life; it is also a word unknown to man." —John Fowles

Contentment

"...the quality or state of being content."

"Contentment refers to the neuro-physiological experience of satisfaction and being at ease in one's situation."

Definition

"... satisfaction that comes about from having what we desire OR from not desiring more than what we have."

"Content is a word unknown to life; it is also a word unknown to man." —John Fowles

"Contentment is natural wealth; luxury is artificial poverty."
—Socrates

“The secret to contentment does not lie in adding to a man’s possessions, but rather in taking away from his desires.”
—Epicurius

“Contentment makes poor men rich; discontentment makes rich men poor.” —Benjamin Franklin

¹¹Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. ¹²I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. ¹³I can do all things through him who strengthens me.
—Philippians 4:11-13

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Concentrate on What Really Matters

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“There is a real profit, of course, but it comes only to those who live contentedly as God would have them live. We brought absolutely nothing with us when we entered this world and we shall take absolutely nothing with us when we leave it. Surely then, as far as physical things are concerned, it is sufficient to us to keep our bodies fed and clothed.”
—1 Timothy 6:6-8 (Phillips)

Concentrate on What Really Matters
Opt out of Circumstantial Happiness

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They say that Richard Cory owns
one half of this whole town,
With political connections to spread his
wealth around.
Born into society, a banker's only child,
He had everything a man could want:
power, grace and style.

But I work in his factory
And I curse the life I'm living
And I curse my poverty
And I wish that I could be,
Oh, I wish that I could be,
Oh, I wish that I could be
Richard Cory.

The papers print his picture
almost everywhere he goes:
Richard Cory at the opera,
Richard Cory at a show.
And the rumor of his parties
and the orgies on his yacht!
Oh he surely must be happy
with everything he's got.

But I work in his factory
And I curse the life I'm living
And I curse my poverty
And I wish that I could be,
Oh, I wish that I could be,
Oh, I wish that I could be
Richard Cory.

He freely gave to charity,
he had the common touch,
And they were grateful for his patronage
and thanked him very much,
So my mind was filled with wonder
when the evening headlines read:
"Richard Cory went home last night
and put a bullet through his head."

But I work in his factory
And I curse the life I'm living
And I curse my poverty
And I wish that I could be,
Oh, I wish that I could be,
Oh, I wish that I could be
Richard Cory.

For men who set their hearts on being wealthy expose themselves to temptation. They fall into one of the world's traps, and lay themselves open to all sorts of silly and wicked desires, which are quite capable of utterly ruining and destroying their souls. For loving money leads to all kinds of evil, and some men in the struggle to be rich have lost their faith and caused themselves untold agonies of mind.
—1 Timothy 6:9-10 (Phillips)

Concentrate on What Really Matters
Opt out of Circumstantial Happiness
Navigate Toward Gratitude

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“Better the little that the
righteous have than the
wealth of the wicked.”

...give thanks in all
circumstances; for this is the will
of God in Christ Jesus for you.
—1 Thessalonians 5:18

Concentrate on What Really Matters
Opt out of Circumstantial Happiness
Navigate Toward Gratitude
Teach Your Mind to Identify the Best
in Every Situation

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“I have learned...”

“True contentment is a thing as active as agriculture. It is the power of getting out of any situation all that there is in it. It is arduous and it is rare.” —G.K. Chesterton

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. —Philippians 4:8

Concentrate on What Really Matters
Opt out of Circumstantial Happiness
Navigate Toward Gratitude
Teach Your Mind to Identify the Best
in Every Situation
Enjoy Little Things
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Concentrate on What Really Matters
Opt out of Circumstantial Happiness
Navigate Toward Gratitude
Teach Your Mind to Identify the Best
in Every Situation
Enjoy Little Things
Neglect a Mindset of Entitlement
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“Money is the universal passport to everywhere except heaven and to everything except happiness.”

Money can buy:

- Medicine, but not health
- House, but not home
- Companionship, but not friends
- Entertainment, but not happiness
- Food, but not appetite
- Bed, but not sleep
- Good life, but not eternal life

“Contentment consists not in adding more fuel, but in taking away some fire.”
—Thomas Fuller

Concentrate on What Really Matters
Opt out of Circumstantial Happiness
Navigate Toward Gratitude
Teach Your Mind to Identify the Best in Every Situation
Enjoy Little Things
Neglect a Mindset of Entitlement
Trust God’s Perfect Provision for You

For men who set their hearts on being wealthy expose themselves to temptation. They fall into one of the world’s traps, and lay themselves open to all sorts of silly and wicked desires, which are quite capable of utterly ruining and destroying their souls. For loving money leads to all kinds of evil, and some men in the struggle to be rich have lost their faith and caused themselves untold agonies of mind.
—1 Timothy 6:9-10 (Phillips)

Tell those who are rich in this present world not to be contemptuous of others, and not to rest the weight of their confidence on the transitory power of wealth but on the living God, who generously gives us everything for our enjoyment.

—1 Timothy 6:17 (Phillips)

¹³I can do all things through him who strengthens me... ¹⁹And my God will supply every need of yours according to his riches in glory in Christ Jesus.
—Philippians 4:13, 19

For to me to live is _____,
and to die is gain.

—Philippians 1:21

For to me to live is **Christ** _____,
and to die is gain.

—Philippians 1:21