

20 Days of Trouble

Topic #18 – Discontentment

Textbook Def:

A restless desire or craving for something one does not have.*

Real-Life Look:

Betsy didn't have anything to wear. Sure, her closet was full, fuller than most, but it might as well have been completely empty. She hadn't had time to pick up a new outfit and there was no way was she going to the party in her old rags.

Bill was pretty darn proud of his gorgeous new truck. It had all the bells and whistles and he felt like a million bucks driving it around town. The truth was it almost cost a million bucks! Unfortunately, his excitement was short-lived. A few months later his neighbor bought the newest model of Bill's truck. Are you kidding me? Bill was so bummed. His truck no longer had the appeal that it had just a few days earlier.

Rachel was so annoyed. Her husband just wasn't measuring up. Why couldn't he treat her the way Dan treated Vicky? Vicky had it made. Her hubby made a boatload of money, coached her son's soccer team, and still took her on romantic dates. They were the perfect 'it' couple and Rachel couldn't stand watching the mushy love affair from her front window.

Life was hard. And unfair. And disappointing. Nothing ever went Brian's way. Everything was a fight. A struggle. An uphill climb. When would things get easier? When would he cut a break? How long did he have to sacrifice blood, sweat, and tears only to get knocked down time and time again? Everyone else had it easier and Brian was just sick and tired of all the disappointment.

The sparkle was intoxicating. Macy had her eye on the earrings for months now. Every time she went past the store window, she was captivated. The bracelet one case over would look fantastic with her black party dress and the matching necklace was to die for. She loved her some beautiful jewelry but her current salary was only enough to support a lackluster costume habit. Macy hated the inability to get what she wanted.

Sword of the Spirit:

“What causes fights and quarrels among you? Don’t they come from your desires that battle within you? You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.” James 4:1-3

“Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.” Luke 12:15

“A cheerful heart is good medicine, but a crushed spirit dries up the bones.” Proverbs 17:22

Breaking It Down:

I am masterful at disguises, or at least I used to be. There are very few times in my life where I’ve felt serious discontentment, but on the few occasions when I did, I operated in stealth mode. I knew it was wrong and was far too proud for anyone to see my sin, so I kept it hidden. If I could arrange to satiate the discontentment, so be it, but if I couldn’t, at least no one knew about it but me. Oh, and God.

My desires were never centered around money or stuff, but rather situations and status. It was especially difficult as a single parent, feeling that I’d sold my kids short by having not one, but two failed marriages. I had many friends with marriages to be jealous of and kids who had both of their parents tucking them in bed at night. There were moments when I regretted my choices and craved something better.

Fortunately, I’m not one to wallow, so I quickly figured out that a spirit of discontentment was an exhausting burden to carry. Feeling unfulfilled, unhappy, and dissatisfied will suck the joy right out of your life and I was way too hard-headed to allow that to happen.

So, instead of pining away over what I didn’t have, I made the very best of what I did. And it worked. Single parent or not, I loved my kids, my home, and my life. Moving forward, I made sure to learn from my mistakes, I made my situation work for me, not against, and above all, I tried to be the best mom I could be.

Think about it this way. Would you rather be miserable with discontentment or joyful and content with what you have?

The truth doesn’t rest in the possessions you own or your position in life, but rather in the condition of your heart. We’ve all known people who appear to ‘have it all’ complain incessantly and those who have so very little display the most grateful hearts. There is

nothing that brings me to tears quicker than observing someone who remains content and appreciative in spite of a challenging circumstance.

It makes the Betsy's of the world seem quite shallow and insignificant, doesn't it?

The Benefit in Decluttering Trouble:

When one operates in a state of discontentment, they are focusing on the negative. Switching the view to the positive allows you to embrace and enjoy the bright side of life. You've got nothing to lose but misery.

Contentment is a choice available to everyone. It transcends the dollars in your bank account, the rooms in your home, or the number of parties you're invited to. It can be found in every situation and circumstance, one only has to look and be willing to invite it in.

While you may not *always* have everything you desire, you can *always* CHOOSE to enjoy the journey. Chances are, with a content spirit and happy heart, the focus of your desires will change and *you'll find you have all you need and want anyway.*

Declutter discontentment and choose joy all day, every day!

*www.thefreedictionary.com

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