Being Content

Video

Definitions

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 - noun \kan-'tent-mant\: the state of being happy and satisfied: the state of being content
- Hebrew: See'pook

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- 3 surgeries

If you can look back on your life with contentment, you have one of man's most precious gifts — a selective memory.

Jim Fiebig

Most of us go through life not knowing what we want, but feeling darn sure this isn't it.

from the book, "Handbook to Higher Consciousness" -by Ken Keyes

When we cannot find contentment in ourselves, it is useless to seek it elsewhere.

François De La Rochefoucauld

Contentment gives a crown where fortune hath denied it.

Henry Ford

Be content with your lot; one cannot be first in everything.

Aesop

Contentment is not the fulfillment of what you want, but the realization of how much you already have.

Unknown

And when Moses heard that, he was content.

Leviticus 10:20

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1 Timothy 6:6-8

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- Over 30% were not content with their spouse or significant other
- Almost 30% were not content with their relationship with God

Philippians 4:10-13

¹⁰ I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had not opportunity to show it. ¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances.

Philippians 4:10-13

12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength.

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Be content in the little things

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 - And are we hearing God

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- Go and have See'pook