

Financial Fitness

“Learning to be Content”

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February 8, 2012

4 Reasons for Learning Contentment

1. Wanting More Brings Fatigue. (Proverbs 23:4 NIV)
 - a. Most people give up their health in the first half of life in order to get more \$. In the second half of life they give up their \$ to get their health back.
2. More things bring more expenses and anxiety. (Ecclesiastes 5:11-12 NIV, NLT)
 - a. More property than you can manage requires (equipment and people)
 - b. More taxes, insurance, time to manage it.
 - c. Insomnia increases with income.
3. More things bring more conflict. (Proverbs 15:27, 1 Timothy 6:9)
 - a. Fatigue + Rising Expenses + Anxiety = Conflict and Turmoil
 - b. Warren Buffet's #1 rule of investing: Never lose the money you have already earned.
 - c. Contented people are not lured by the lottery, casinos, get rich quick schemes etc.
4. The Desire for More and More brings dissatisfaction. (Ecclesiastes 5:10 NIV, NLT)
 - a. Because people change and things don't. (Cell phone technology)

4 Secrets of Contentment (Philippians 4:12)

1. Stop Comparing Yourself with Others (2 Corinthians 10:12 NIV, Ecclesiastes 6:9 NLT)
 - a. Learn to rejoice with other's achievement and prosperity.
 - b. You shall not covet (Exodus 20:17)
 - c. Covet: to pant after, to grab or grasp so tightly that you cannot let go.
 - d. Desire for a higher quality of life is good until it becomes out of control.
2. Enjoy what I have. Ecclesiastes 5:19-20 NIV, 1 Timothy 6:17-18 NIV)
 - a. Count your many blessings
3. Remember Life does not consist of things (Luke 12:15, Proverbs 30:7-9)
4. Focus on what will last forever (2 Corinthians 4:18)
 - a. Heaven and Earth will pass away (Matthew 24:35)
 - b. The souls of men will last forever (1 Corinthians 15:50-52, 1 Peter 1:23-25)