
The challenge of finding contentment

- what works for you in this modern world

I think I'm generally quite good at contentment; I settle right into things and I find ways to be happy. But maybe, I'm actually just too stubborn to change things even when they're not ideal. Either way, *I am someone who gets stuck.*

And when I considered my life and my circumstances to write about this topic, I found that I've been left wanting. I stopped to think to myself – am I really content? Or am I dissatisfied and I've been convincing myself that even if it's not great, it's good enough. I have previously thought that contentment is kind of just patience. And patience is kind of just breathing. You take a big breath in, think to yourself: this is really not that bad. I can make this work. And then you breathe out. And you do it every minute of the day if you have to, until it feels true.

Being content is supposed to mean that you're happy with what you have. But I think there's a question that should come before 'how to be content'. I think the better prequel is - do I have to be content with this? *I think the big question really is: should you learn contentment with what you have - or should you change what you have so that you are content?*

I am not content with some of the circumstances of my life. And I have spent my time convincing myself that I can make it work. That if I breathe deep every time the little warning bells chime in my head I can be happy. *It makes me wonder if I am the man with the one talent. And if I am burying that talent in the ground.*

God calls us to greatness. He blesses us with brilliant minds, and capable bodies. We think and feel and do things, and find new ways to look after each other. He adopts us into His family. We can call ourselves Children of God!

And then we make choices that hold us back. We lead lives that hold us down, maybe never jumping with blind faith into the great arms of God's wonderful unknown plans. I don't know that *I* ever have. We choose safety, and comfort. We make good choices, or bad, selfish choices. And we pursue some semblance of happiness. *But does God call us to make do? Or does he call us to greatness?* Can we really be content if we aren't attempting to exercise our capabilities?

We dwell a lot on contentment. The Lord tells us to be content in Him. To find contentment in the spirit. But the thing that I always get stuck on is: okay but what else? I will worship and praise and find comfort and belonging in the Lord. And then what do I do with the rest of my time? What am I supposed to do day-to-day. I don't feel like I've found some blessed path for me. And I am dissatisfied. And I am making do. And I am striving for contentment in my little life. And I wonder if I should? Or if I am wasting the capabilities God has blessed me with?

Annabel
