

Regrets & Disappointments

If only ...

- I had scored higher on that test.
- I had gone to college.
- I had different parents.
- I looked better.
- I had gotten that job.
- I had married so and so.

Life is full of situations where what we expect or want doesn't come to pass. How we deal with the regrets & disappointments that come in our lives reveals our character.

1. As Christians, all of our activities should be done with zeal, for we are serving the LORD, and He surely rewards diligent effort (Col 3:23-24).
2. If the reason for failure is that sin is involved, the solution is to forsake it and freely, completely confess it to the LORD, Who will forgive it (1Jn 1:9).
3. The fruit of the Spirit which should be evident in the godly believer's life includes love, joy and peace (Gal 5:22).

Excessive sadness, worry & regret, however, are more than just time and energy wasters. THEY ARE SINS.

Contentment Commanded

1. The Christian religion commands a life with contentment (Heb 13:5).
2. Discontentment is a horrible sin: it implies that God is NOT enough for you!
 1. We sin when we choose to fret against our circumstances and are sad.
 2. This is why covetousness becomes idolatry: you crave happiness in something beyond God Himself.
3. The truly successful man adds to godliness contentment in his life (1Tim 6:6-7).

Contentment Explained

Contentment is

- the satisfied and thankful attitude you hold toward your present circumstances in life.
 - a choice that you make to be happy and content.
 - very simply your choice of attitude regarding God's choices in your life.
1. Contentment does not mean that there is not a better something in your life. It means that you do not think or worry about that better thing, because God has not given it to you yet.
 2. Contentment does not complain or murmur against what God has done, which is most of your life!
 3. Even your own folly was allowed by the Good, All Wise Jehovah for His holy & good ends.
 4. Contentment does not mean satisfaction with less than your best performance in life.
 - A. Yet, your "best performance" must always be limited by reasonable effort (Ps 127:1-2).
 - B. Contentment is satisfaction with whatever God gives your best effort (Ecc 11:6).

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Hinderances To Contentment

Excessive expectations

- that a particular thing will bring happiness:
 - example - money: you always need more (Ecc 5:10)
- beyond what is normal or given by the LORD:
 - example - details: irritation with minor details that are unimportant
 - example - Coke Zero commercial - young man getting the job AND stock options

If you focus, as the world does, on wisdom, might or riches, you will be disappointed (Jer 9:23-24).

Applications

1. We can pray for better circumstances, but then accept the LORD's answer (2Sam 12:15-17; 2Cor 12:8).
2. Accept your position in life without fretting, unless it can be easily changed (1Cor 7:17-24).
3. If Jesus Christ is rightly understood, you have more than heart could wish (Heb 13:5-6)!
4. True satisfaction is found in the LORD Himself.
 1. Satisfied with fatness & drink from His river of pleasures (Ps 36:7-8).
 2. His lovingkindness better than life (Ps 63:3-5).
 3. Those that fear the LORD abide satisfied (Pr 19:23).
5. Contentment is learned by choosing an attitude of satisfaction found in Christ's strength (Phil 4:11-13).
6. Contentment is the attitude of a joyful heart - such a person can live life like it is a continual feast (Pro 15:15)!
7. Ignoring things which are matters of liberty and/or none of your business will bring contentment with your brethren.