



Godliness with contentment is great gain.

1 Timothy 6:6

Why is contentment related to godliness? Contentment frees us from having to focus on achieving something that may not always be a benefit to us personally. It frees one from envy, strife, and vanity. It is what is of value or profitable in our growth that we should be concerned with. Contentment deals with our way of living. Striving after objects and forsaking our health, relationships, or personal growth is not advantageous. Sometimes it becomes an obsession where the object controls you rather than you controlling the object.



For we brought nothing into this world, and it is certain we can carry nothing out. And having food and raiment let us be therewith content.

1 Timothy 6:7-8

As Christians, we are called to be content with the necessities of food and clothing for our bodies. Objects and things are not a priority, such as food and clothing. Jesus talked about not being anxious about food or clothing, for He knows we need these to survive [see Matthew 6:25-32]. It is through faith that these things are supplied. In fact, Jesus said that we should seek the kingdom of God so that these things shall be added unto us [see Matthew 6:33]. This speaks to our devotion and reverence towards God, and that is where godliness brings the point home on what our focus should be. Godliness means stepping back from something and refocusing our attention. It is an attitude of where our commitment and loyalty lie in our everyday living.

Maybe we should look at the Minimalist. Some may think it is all about restrictions, but this is not the case. It is a way of living in the moment without the added aggravation of dealing with dissatisfaction. Minimalism is all about having freedom from fear, worry, and guilt. Freedom from the consumer culture in possessing things that can bring bondage. Minimalism is not just about getting rid of excessive stuff, although we probably should reconsider the extra storage that some of us are paying for just to store the excess stuff. For the minimalist, it is about reclaiming time and sometimes our sanity from the constant desire to want or keep things.

Consuming things is tied to the root of loving money. The apostle Paul states that it has caused some Christians to fall from faith [see 1 Timothy 6:10]. The pursuit of having things can lead to sorrows because it is not only the individual who is affected, but also those who are close to that individual, such as family members or friends. It can cause strife among family members and friends.



Let your manner of life be without covetousness,
and be content with such things as ye have.

Hebrews 13:5

This should be our manner in life, a new course in direction. Consume less and be more creative. Discover your mission and purpose in life and have the attitude of contributing to others' needs. It is sharing with others and meeting needs. You will gain back your mental health and freedom of your time when you are content with what you have. The apostle Paul said, "whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God," 1 Corinthians 10:31.

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