

Real Life Today Church

"Church at Home"

Sunday, May 28, 2017

SUNDAY'S FOCUS: LET CONTENTMENT LEAD YOU

"Do not delay joy for want of time, geography, finances, or approval--or any other requirement you have been taught. Teach yourself freedom with the same zeal the world taught you limits. Do not banish happiness to a future time, and do not consign it to any source outside yourself." ~Alan Cohen

Meditative Reading

The definition of contentment from a biblical perspective is: ***“An internal satisfaction which does not demand changes in external circumstances.”*** We also get a powerful definition of contentment from Neale Donald Walsch. He writes, “Contentment is a state of being that radiates a human being's ***“total okayness”*** with the way things are with them. It is a total and positive embracing of their present physical, mental, and spiritual condition. It is absolute self-love, self-forgiveness, and self-acceptance. In a state of Contentment there is no need for anything to be other than what it is right now with one's body, with one's mind, with one's spirit, with one's inner experience and with one's exterior circumstance. It is a feeling of perfection and an experience of quiet inner peace. It is the absence of self-recrimination and self-criticism. It is the presence of self-worth.” Contentment allows you to touch the place inside you that is capable of releasing and relaxing. ***So, let contentment lead you.***

Contentment is that internal pause that refocuses your life's priorities. Contentment allows you to perceive things differently. Instead of focusing on what is wrong in your life. It gets you to focus on what is right. It is a stimulator and affirmer of appreciation and thanksgiving. ***So, let contentment lead you.***

Here are some undeniable symptoms of contentment:

- An unmistakable ability to enjoy the moment
- A loss of interest in judging other people or experiences
- A loss of interest in interpreting the actions of others.
- A loss of interest in conflict.
- A loss of the ability to worry.
- Frequent, overwhelming episodes of appreciation.
- Feelings of connectedness with others and nature.
- Frequent attacks of smiling.

- An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it.
- An increasing tendency to let things happen rather than make them happen.
- An elevated confidence in our innate abundance.

Contentment is definitely one condition that you want IN your life. ***So, just let contentment lead you.***

Affirmation

I am content with my life. I am content with my life, intentionally, easily, gratefully and with increasing magnitude!

Conscious Giving

Conscious giving is the intention, through choice, to express gratitude and generosity. Today, you can choose to give to your spiritual community. Remember:

- Giving is not an obligation
- Giving is divine-expression
- Giving is self-expansion
- Giving is the active affirmation of YOUR oneness with and access to abundance

Visit the RLTC website and give today by clicking the **ONLINE GIVING** icon!

www.reallifetodaychurch.org

Journaling Exercise

Identify one area in which you would like to increase your contentment. List three things you can do to increase your contentment in this identified area. **DO THEM!** Do them throughout this coming week and note the positive changes you experience.