**Contentment**

**My soul shall be enriched as with cream and fatness;**

**and my mouth shall praise thee with joyful lips.**

***(Psalm 63:5)***

**Striving to satisfy the desire for more**

**will only undermine your efforts to simplify.**

***(St. Mark 4:19)***

Not that I am referring to being in need;

for I have learned to be content with whatever I have.

***(Philippians 4:11)***

**Having sustenance and covering,**

**we shall be content with these things.**

***(1 Timothy 6:8)***

**If I can’t have contentment, at least let me have an interesting variety of discontents. *(Ashleigh Brilliant, in Pot-Shots)***

**Eight of the top 10 cities in a survey of Americans’ satisfaction with their lives and optimism for the future are in Western states, with Boulder, Colorado, coming in first. Huntington, West Virginia, was last. *(Gallup, as it appeared in The Week magazine, February 26, 2010)***

**The slogan for Carnation Milk was “From Contented Cows”. When I was stationed at Lowry Air Force Base in Denver in 1950, I met a girl whose family lived near Denver University. I often had dinner with the girl and her family after church. When they drove me back to the base, we passed a dairy. There was a sign there on a huge barn. It said, “Our cows are not contented. They strive to do better.” *(Alfred Tschopp, in Reminisce magazine)***

**An elk does not have to work at having a quiet mind; it feels content standing in a field all day with its fellow elk, chewing grass. A lover does not have to work at attending to the beloved. I prayed for, and in a fleeting moment received, that kind of absorbed attention to God. *(Philip Yancey, in Christianity Today)***

**Fortify yourself with contentment, for this is an impregnable fortress. *(Epictetus)***

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**Content makes poor men rich; discontent makes rich men poor. *(Benjamin Franklin)***

**Who is rich? He that is content. Who is that? Nobody. *(Benjamin Franklin)***

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**There are eight requisites for contented living: health enough to make work a pleasure; wealth enough to support your needs; strength enough to battle with difficulties and overcome them; grace enough to confess your sins and forsake them; patience enough to toil until some good is accomplished; charity enough to see some good in your neighbor; faith enough to make real the things of God; hope enough to remove all anxious fear concerning the future. (Johann Wolfgang von Goethe)**

**The good life has a great deal to do with contentment and satisfaction -- and nothing whatsoever to do with that fool's gold called happiness. (Joseph Epstein, essayist)**

**A THOUGHT TO REMEMBER: One way to be happy ever after is not to be after too much. *(Reminisce magazine)***

**If only I were more discontented! *(Ashleigh Brilliant, in Pot-Shots)***

**You can’t get a cup of tea large enough or a book long enough to suit me. *(C. S. Lewis)***

**My great concern is not whether you have failed, but whether you are content with your failure. *(Abraham Lincoln)***

**Maturity begins when we’re content to feel we’re right about something, without feeling the necessity to prove someone else wrong. *(Sydney Harris)***

**If I have a thousand ideas and only one turns out to be good, I am satisfied. *(Alfred Nobel)***

**Discontent is the penalty we pay for being race horses instead of cows. *(Bits & Pieces)***

**To feel that one has a place in life solves half the problem of contentment. *(George Edward Woodberry, poet)***

**One who makes it a rule to be content in every part and accident of life because it comes from God praises God in a much higher manner than one who has some set time for the singing of psalms. *(William Law)***

**Progress is not created by contented people. (*Frank Tyger, cartoonist)***

**Personal self-satisfaction is the death of the scientist. Collective self-satisfaction is the death of the research. It is restlessness, anxiety, dissatisfaction, agony of the mind that nourish science. *(Jacques-Lucien Monod, in Discover magazine)***

**What difference does it make how much you have? What you do not have amounts to much more. *(Seneca)***

**The greatest wealth is to live content with little, for there is never want when the mind is satisfied. *(George Bernard Shaw)***

**If all our misfortunes were laid in one common heap, whence everyone must take an equal portion, most people would be contented to take their own and depart. *(Socrates)***

**At the door of every contented, happy man, somebody should stand with a little hammer, constantly tapping, to remind him that unhappy people exist. *(Anton Chekhov)***

**“The best things in life are nearest: Breath in your nostrils, light in your eyes, flowers at your feet, duties at your hand, the path of right just before you. Then do not grasp at the stars, but do life’s plain, common work as it comes, certain that daily duties and daily bread are the sweetest things in life.” He portrays contentment with the simple and ordinary. But what about the experiences that are “downers”? *(Robert Louis Stevenson)***

**Look at a day when you are supremely satisfied at the end. It’s not a day when you lounge around doing nothing; it’s when you’ve had everything to do, and you’ve done it. *(Margaret Thatcher)***

**The customer service man says to the customer: “Your satisfaction is our top priority. So if you could try to act really satisfied, that would be a big help.” *(Glasbergen cartoon, in The American Legion Magazine)***

**Try to be like the turtle – at ease in your own shell. *(Bill Copeland, in Sarasota, Florida, Journal)***

**The reason welfare is bad is not because it costs too much, not because it “undermines the work ethic,” but because it is intrinsically at odds with the way human beings comes to live satisfying lives. *(Charles Murray, in The Wall Street Journal)***

**The world is full of people looking for spectacular happiness while they snub contentment. *(Doug Larson, United Feature Syndicate)***

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