

## **Content**

### **Ready:**

*“You can make plans, but the Lord’s purpose will prevail.” Proverbs 19:21*

### **Set**

In 2015, my family won the NFL contest “Together We Make Football,” and the prize included being on the field at the Super Bowl, attending the NFL Honors Awards show, and being on the Today Show. It truly was an experience of a lifetime, but on our plane ride home, we asked all the kids what their favorite part was about the trip and our son said, “swimming at the hotel pool” (NFL could have saved a lot of money), but I loved this answer for a certain reason:

### **He was content.**

At what point do we lose being content with where God has us and what He has given us and want more of what the world can offer us?

Paul says in Philippians 4:11-13, *“...for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.”*

In the coaching world, our minds can be so distracted by wanting more; a bigger job, a better job, a different job. And because we are so focused on where we want to go next, we can miss out on where God has us now. The key to contentment is Christ! When our focus is on the unchanging character of Jesus, we are not distracted by the ever-changing character of the world.

There is something so comforting about a God that never changes in a world that always does. For when we are content with Christ, He will always lead to where He wants us to go or stay.

### **Go**

1. Do you find yourself content or always wanting more?
2. What are some ways you are distracted by the things of this world?

### **Workout**

Proverbs: 3:6; Matthew 6:33

### **Overtime**

“Lord, help me to be content with where You have me and seek You in where You want to take me. Amen.”

**Bible Reference:**

Proverbs 19:21

Proverbs 3:6

Matthew 6:33



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