

WISDOM

CHEAT SHEETS

Today's selection from the Book of Proverbs explores the theme of contentment. The secret of contentment begins with fear of the Lord and not seeking security in material things.

19:23 The fear of the Lord leads to life; then one rests content, untouched by trouble.

3:31–32 Do not envy the violent or choose any of their ways. For the LORD detests the perverse but takes the upright into his confidence.

11:4 Wealth is worthless in the day of wrath, but righteousness delivers from death.

11:26 People curse the one who hoards grain, but they pray God's blessing on the one who is willing to sell.

13:4 A sluggard's appetite is never filled, but the desires of the diligent are fully satisfied.

13:25 The righteous eat to their hearts' content, but the stomach of the wicked goes hungry.

14:6 The house of the righteous contains great treasure, but the income of the wicked brings ruin.

14:30 A heart at peace gives life to the body, but envy rots the bones.

15:16 Better a little with the fear of the LORD than great wealth with turmoil.

21:17 Whoever loves pleasure will become poor; whoever loves wine and olive oil will never be rich.

23:4–5 Do not wear yourself out to get rich; do not trust your own cleverness. Cast but a glance at riches, and they are gone, for they will surely sprout wings and fly off to the sky like an eagle.

23:17-18 Do not let your heart envy sinners, but always be zealous for the fear of the Lord. there is surely a future hope for you, and your hope will not be cut off.

24:1-2 Do not envy the wicked, do not desire their company; for their hearts plot violence, and their lips talk about making trouble.

24:19-20 Do not fret because of evildoers or be envious of the wicked, for the evildoer has no future hope, and the lamp of the wicked will be snuffed out.

25:16 If you find honey, eat just enough—too much of it, and you will vomit.

27:4 Anger is cruel and fury overwhelming, but who can stand before jealousy?

27: 20 Death and Destruction are never satisfied, and neither are human eyes.

28:5–6 Evildoers do not understand what is right, but those who seek the LORD understand it fully. Better the poor whose way of life is blameless than the rich whose ways are perverse.

30:15–16 'The leech has two daughters. "Give! Give!" they cry. 'There are three things that are never satisfied, four that never say, "Enough!": the grave, the barren womb, land, which is never satisfied with water, and fire, which never says, "Enough!"

30:7-9 'Two things I ask of you, LORD; do not refuse me before I die: keep falsehood and lies far from me; give me neither poverty nor riches, but give me only my daily bread. Otherwise, I may have too much and disown you and say, "Who is the LORD?" Or I may become poor and steal, and so dishonour the name of my God.

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Another angle on contentment

3:11–12 My son, do not despise the LORD’s discipline, and do not resent his rebuke, because the LORD disciplines those he loves, as a father the son he delights in.

3:25–26 Have no fear of sudden disaster or of the ruin that overtakes the wicked, for the LORD will be at your side and will keep your foot from being snared.

15:29 The LORD is far from the wicked, but he hears the prayer of the righteous.

16:4 The LORD works out everything to its proper end— even the wicked for a day of disaster.

18:10–11 The name of the LORD is a fortified tower; the righteous run to it and are safe. The wealth of the rich is their fortified city; they imagine it a wall too high to scale.

19:21 Many are the plans in a person’s heart, but it is the LORD’s purpose that prevails.

28:14 Blessed is the one who always trembles before God, but whoever hardens their heart falls into trouble.

The Proverbs point us to the secret of contentment in the New Testament

Philippians 4:11–13

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

1 Timothy 6:6–10.

But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.

2 Corinthians 12:9–10

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

Hebrews 13:5–6

Keep your lives free from the love of money and be content with what you have, because God has said, ‘Never will I leave you; never will I forsake you.’ So we say with confidence, ‘The Lord is my helper; I will not be afraid. What can mere mortals do to me?’