

CONTENTMENT



Contentment in Buddhism

Contentment is the ability to be happy and fulfilled in one's present state. The Buddha said: 'Contentment is the highest wealth', meaning that when we are content we do not need to get anything, go anywhere or be anything to be happy because we already are, and thus, contentment is more valuable than any possession or accomplishment. The Buddha describes the monk's contentment like this: 'He is satisfied with a robe to cover his body and alms food to satisfy his stomach and having accepted no more than is sufficient he goes his way, just as a bird flies here and there taking with it no more than its wings'.

Contentment in Christianity

Philippians 4:11-12 - Not that I speak in respect of want: for I have learned, in whatsoever state I am, [therewith] to be content.

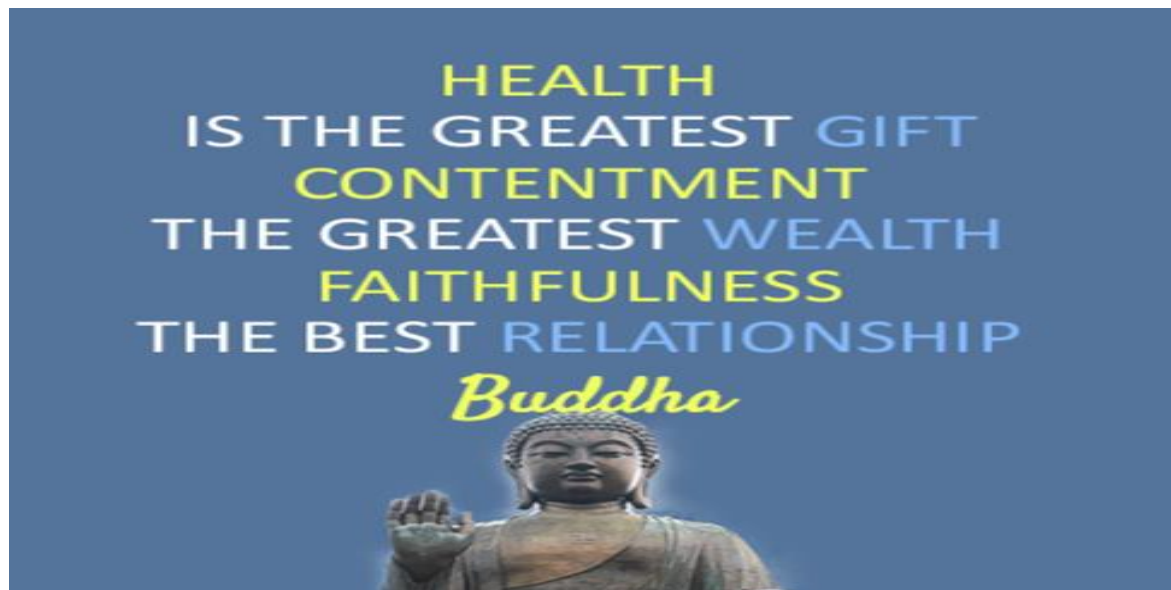
Hebrews 13:5 - [Let your] conversation [be] without covetousness; [and be] content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

1 Timothy 6:6-8 - But godliness with contentment is great gain.

1 Timothy 6:6-11 - But godliness with contentment is great gain.

Philippians 4:11 - Not that I speak in respect of want: for I have learned, in whatsoever state I am, [therewith] to be content.

1 Timothy 6:6 - But godliness with contentment is great gain.



**Always be contented
on what you have,
because God knows
what's best for you.**

"Our greatest glory
is not in never falling, but
in rising every time we fall."

– Confucius