Opinion: Be Content

September 18, 2025



These are two words that we don’t often hear today. In fact, it seems that in our society, we have been conditioned that we always need to be looking for the next thing.

Let’s consider our phones for example.

By now most people realize that our phones are constantly listening to us.

Haven’t you ever wondered how after speaking to a friend about inflatable paddle boards, that moments later you see advertisements for inflatable paddle boards on your Facebook feed?

Even your most private and intimate conversations with your spouse are quietly being listened to by your phone. Kinda scary.

Every night at around midnight, our phones do an information “dump” and upload all the key words and searches that were spoken and typed that day.

Where does all of this information go?

To information brokers that sell that information to corporations and advertisers.

We then get bombarded with advertisements and emails trying to entice us to buy more stuff.

These entities are constantly telling us that we need “more.”

But do we?

Speaking of phones, social media can play a role in this as well.

I'm certainly not against social media. It allows people to have access into each other's lives and keep in contact with old friends, etc.

However, one must admit that sometimes while scrolling on Facebook and seeing all of the activities and places that our friends are involved in and visiting, there is something deep within us that says, "why can't I have that car?" Or, "why am I not vacationing there?" Or, "why are they having so much fun and all I do is work?"

So what does the word "content" mean?

Definition: in a state of peaceful happiness and satisfaction.

The apostle Paul wrote, "…for I have learned, whatever state I am to be content."(Philippians 4:11)

He further stated that he knew how to be abased and how to abound.

Paul was saying that whether he was in a state of need or a state of plenty he would be content with his present situation.

This does not negate a desire to improve one's life, but rather, learning to find satisfaction in the present.

This means that we do not need to rely on external factors to bring us happiness, but instead be settled and practice an attitude of thankfulness for what we have.

If I'm being honest, I will say that I have not mastered the learned skill of always being content in my present situation. I too can fall into the trap of wanting more. But I must remind myself, every day, of the blessings I have and to be content with where I am in life.

Does this mean that my hopes and dreams mean nothing? Of course not. We should strive to improve ourselves and attain new heights for our lives while also being at peace with the present. This is a life long endeavor.

Ask yourself this question, "Could my life be worse than it is?"

I think we would all answer "Yes" to that question. We all know people who have much less than we do and are suffering through situations that we could not imagine.

See, it's much easier for us to focus on the negative things in life rather than the positive.

It might interest you to know that the apostle Paul wrote about being content in the present while chained to a wall in a Roman prison. If there were ever a person who would be justified in writing a depressing and discouraging letter, it would be Paul. Instead, he does the opposite. Talk about perspective.

As I stated earlier, this is a life long endeavor to change our perspective from focusing on the things we want, to focusing on the most important things that we already have.

May God continue to richly bless you.

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