



Enemies of Contentment Unrealistic expectations Unfair comparisons Unnoticed blessings

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• Contentment is a learned condition "I'm thankful for where I am right here, right now. And I'm gonna do what I can right here right now." It's a CHOICE! or an egranice to Units, not indulgence of self

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Growing in Contentment

- Saturate yourself in the promises of God
- Surround yourself with contented people
- Surrender something you think you can't live without
 - Systematically put contentment into practice

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