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Daily Devotional, Friday, December 1, 2017 -

DECEMBER 01ST 2017 BY DEE LOFLIN

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Philippians 4:11-13

God has provided us with many things to enjoy (1 Tim. 6:17). But our lives are frequently filled with turmoil instead of contentment. Here are four practices that create dissatisfaction.

1. Busyness. We live in a hurry-up society, dashing from one activity to another. Jesus did not rush, yet He accomplished everything God gave Him to do. Rarely did He tell His followers to move faster. He even praised Mary for choosing to stop and spend time with Him (Luke 10:39, Luke 10:42).

2. Earthly perspective. Too often we live focused on our circumstances. Our minds are filled with what occurred earlier in the week, what's on today's agenda, and the activities happening next week, month, or year. No wonder enjoyment of life remains elusive. The solution is to have an eternal perspective, which acknowledges God is in charge and our goal is to please Him.

3. Self-imposed pressure. We have all experienced the unavoidable burdens of schoolwork, employment, and relationships. But we bring needless pressure on ourselves when we allow unnecessary "musts" and "shoulds" to rule us. The remedy is to turn to God, acknowledge His right to order our days, and ask for His plan.

4. Unhealthy attitudes. Things like perfectionism, false guilt, and apathy all undermine our enjoyment of life.

Satisfaction is found in a life that reflects God's priorities—and time with Him comes first. Reading His Word, we become mindful of the Father's great love, learn what He views as important, and experience the joy of belonging to Him. When contentment is elusive, it's time to reexamine our priorities.

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