

Sunrise

The Newsletter For Women By Christian Women

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THEME SONG

I'll Be Satisfied

*When my soul is singing in that promised land above,
I'll be satisfied;
Praising Christ the Savior for redeeming grace and love,
I'll be satisfied.*

*Living in a city where the soul shall never die,
I'll be satisfied;
There to meet with saved ones, nevermore to say goodbye,
I'll be satisfied.*

*When I meet the ransomed over on the golden shore,
I'll be satisfied;
There I'll join the angels singing praises evermore.
I'll be satisfied.*

*Chorus:
I'll be satisfied (satisfied),
I'll be satisfied (satisfied);
When my soul is resting
In the presence of the Lord,
I'll be satisfied.*

T. N. Panell

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Contentment

Several years ago, an elderly lady received a notification from the Reader's Digest contest committee that read, "This is to notify you that you have won our million-dollar prize..." The lady immediately stopped reading and went into a panic.

Unlike most people, she fretted for a couple of days and then sat down to write a letter to the committee informing them they needed to give that prize to someone else. She had failed to read the following huge "if" in that packet. **If** she returned the enclosed documents, **if** her number was drawn from the thousands returned, etc. She thought she truly had already won.

She wrote the company to say she had all the resources she could manage and please give her award to someone more needy than she. That lady truly was content with what she had financially. However, there were other stresses in her life. She suffered through cancer. She also had a wayward daughter who was estranged from the rest of the family. In those areas of her life, she was far from content.

We all encounter various issues that keep us from finding peace and contentment, so how should we cope? 1 Timothy 6:6 tells us, "But godliness actually is a means of great gain when accompanied by contentment." That sounds wonderful, but how do we do that?

To start, we need to develop our faith. Matthew 6:25-34 tells us to not be anxious, because if God cares for the birds of the air and the lilies of the field,

will He not care for us even more?

Matthew 6:34 tells us, "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."

One of our greatest stress factors is concern over the lack of "enough" money. In this country we are truly blessed to be able to work and earn a reasonable living. Yet, we look around and see friends or neighbors with many lovely things and expensive toys, and we wonder why we can't have those things. Young people often want to start marriage with all the amenities their parents took years to accomplish. God promised we would have all we need. He did not promise steak for every meal and a shiny sports car in the driveway. In fact, His word tells us there will be trials.

One of the things that helped me when I was first married and on a very stringent budget was to stay out of the stores and away from catalogs and ads. Seeing all those "shiny objects" only fed my discontent; but if I didn't obsess over them, I could be content with the blessings I had. A sound roof on the house, a warm furnace, warm clothing, and food on the table were enough. God was good. If I wandered the stores, or cruised the catalogs, I tended to mourn all the lovely things I did not have. I found the saying, "out of sight, out of mind," worked for me. I just didn't go seeking things currently out of reach. I will admit, that strategy was a long time coming, but when it did, it worked.

As I age, and in the current pandemic situation, health becomes a possible stress factor. We can do all we and modern medicine have to offer, but sometimes it isn't enough to keep us totally healthy or even alive. How can we not stress over that? Again, I believe we need to beef up our faith. In Philippians 1:21 Paul said, "For to me to live is Christ, and to die is gain." And Romans 8:28 says, "And we know that for those who love God all things work together for good, for those who are called according to his purpose."

If our faith is strong, we can truly accept that if we live, we are with Christ. If we die we are still with Christ. It is a win/win situation. Rich or poor,

healthy, or not, we truly can be content in whatever state we are in.

By Wilburta Arrowood,
Napoleonville, Louisiana

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CONTENTMENT AND BEING THRIFTY

My husband, Clair's, great-aunt, Arlene, was not stingy or greedy. She was sparing, frugal, thrifty, and content with what she had. She was *careful* in the use of her money and resources. Not a wasteful person, she made do with what she had. She was a joyful and positive person.

Arlene passed away December 13th at the age of 100+. She grew up during the Depression, and the lessons of being frugal were embedded in her soul. She even kept track of every penny she spent. She knew how to use a needle and thread! Here is a photo of her "everyday" gloves, patched over and over. Patching and repatching were evident in most of her clothes. She was good at it! Have you heard of the saying, "Use it up; wear it out; make it do or do without!"?



Her sock and glove "darning" which I found in her sewing basket is shown on the left. Now I'm using it! One end is for darning socks, and the other is for darning gloves (so you don't accidentally sew it together). My grandma used a small, dried, smooth gourd for darning socks.

The photo on the right is of the first penny Arlene ever got, a 1920 penny. She was born in January, 1921.



So, take advice from Arlene and be contented! You can get by with less than you think you can. In fact, less is more! Let's see what we can put aside to help others, even if it's just a bottle of water for a homeless person on a hot day. That's what Jesus would do and what we should do, too.

The Bible has something to say about being content and not being wasteful:

Hebrews 13:5—"Keep your life free from love of money, and be content with what you have, for He has said, "I will never leave you nor forsake you."

John 6:12—"When they were filled, He said to His disciples, 'Gather up the leftover fragments so that nothing will be wasted.'"

Luke 12:33—"Sell your possessions and give to the needy. Provide yourselves with moneybags that do not grow old, with a treasure in the heavens that does not fail, where no thief approaches and no moth destroys."

1 Timothy 6:6,7—"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."

Philippians 4:11-13—"Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through Him who strengthens me."

Ecclesiastes 5:10—"Whoever loves money never has enough; whoever loves wealth is never satisfied with their income. This, too, is meaningless."

Matthew 6:19-21—"Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

1 Timothy 6:9-10—"But people who long to be rich fall into temptation and are trapped by many foolish and harmful desires that plunge them into ruin and destruction. For the love of money is the root of all kinds of evil. And some people, craving money, have wandered from the true faith and pierced themselves with many sorrows."

Proverbs 16:8—"Better is a little with righteousness than great revenues with injustice."

Marilyn Pecinovsky, Cresco, Iowa



ARE YOU CONTENTED?

As I watched the closing ceremonies of the 2021 Summer Olympics, I was impressed with the greatness of the athletes who competed. All of them put in countless hours of training and competing. Even so, the athletes had to compete yet one more time to "qualify" before they could represent the US at the official Olympic

games. Many of them experienced the glory of victory; some felt the agony of defeat. Thousands of hours of training and competition led to and concluded with a relatively short time in actual Olympic competition.

It made me think of the race we run as Christians. It is a far more important race than any race run by athletes. Our race is the marathon of life. The prize we run for is not gold, silver, or bronze medals. Ours is a race for our eternal destiny—the Crown of Life—***eternal life!*** Medals undoubtedly brought some degree of happiness and pride, but the athletes' achievements may not have brought them contentment. Contentment is sometimes elusive.

Contentment can be a state of mind. When soldiers came to Jesus in Luke 3:14 and asked what they should do, "*he said to them, 'Do not extort money from anyone by threats or by false accusation, and be content with your wages.'*" The writer of Hebrews urged Jewish Christians, "*Keep your life free from love of money, and be content with what you have, for he has said, 'I will never leave you nor forsake you.'*" (Hebrews 13:5).

We can be content when basic needs are filled, as in 1 Timothy 6:8, "*⁸But if we have food and clothing, with these we will be content. ⁹But those who desire to be rich fall into temptation, into a snare, into many senseless and harmful desires that plunge people into ruin and destruction.*" Contentment is not in owning lots of things. Contentment is in belonging to Jesus.

Paul wrote in 1 Timothy 6:6, "*...godliness with contentment is great gain.*" Contentment is valuable. Contentment can be learned, as Paul wrote in Philippians 4:11b-13, "*¹¹...I have learned in whatever situation I am to be content. ¹²I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. ¹³I can do all things through him who strengthens me.*" Truly, after all he had been through for the cause of Christ, Paul had achieved contentment. Paul certainly lived his Christian life as one who pursued righteousness, but not just for himself. During his lifetime, he taught countless other people to pursue righteousness. His writings continue to teach us today, and his writings will teach generations yet to come, Lord willing.

Paul mastered the ability to be content, regardless of circumstances. He said in 2 Corinthians 12:10, "*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." Near the end of his life, he wrote, *"6For I am already being poured out as a drink offering, and the time of my departure has come. 7I have fought the good fight, I have finished the race, I have kept the faith. 8Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that day, and not only to me but also to all who have loved his appearing."*

Brother Jeff Jenkins wrote a chapter on contentment in his book, "Thoughts from the Mound, 52 Reflections on the Christian Life." He closed his article with the following paragraph: "Contentment from an eternal perspective will be ours when we commune regularly with our Lord, when we compare ourselves only with Christ, when we create opportunities for fellowship with other Christians, and when we concentrate on the joys of being a Christian. May God help us to live every day with contentment from an eternal perspective."

Jesus said in Matthew 5:6, *"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied."* The word "satisfied" reminded me of an old song by Johnny Cash titled, "Satisfied Mind."

Satisfied Mind

How many times have you heard someone say
If I had his money, I could do things my way.

But little they know, that it's so hard to find
One rich man in ten, With a satisfied mind.

Once I was waitin', in fortune and fame
Everything that I dreamed for, To get a start in life's game,

Then suddenly it happened, I lost every dime,
But I'm richer by far, With a satisfied mind.

Money can't buy back your youth when you're old,
Or a friend when you're lonely, or a love that's grown cold.

The wealthiest person is a pauper at times,
Compared to the man, with a satisfied mind.

When my life has ended, and my time has run out,
My friends and my loved ones, I'll leave there's no doubt.

But one thing's for certain, when it comes my time,
I'll leave this old world, with a satisfied mind.

How many times have you heard someone say,
If I had his money, I could do things my way.

But little they know, that it's so hard to find
One rich man in ten, with a satisfied mind.

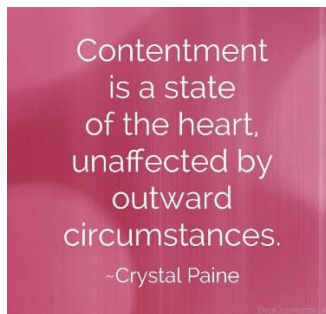
If he was referring to eternity, the song writer had an excellent point.

May we all find contentment in belonging to God and serving Him daily.

Knowing that contentment is valuable and that it can be learned, may we all be content to be faithful Christians, workers in God's kingdom, and know that we have a home in heaven waiting for us. God is so good!

Evelyn Waite, Rolla, Missouri

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June 25-28, 2022

Make your reservations now!

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***"Talking about our problems
is our greatest addiction.***

Break the habit.

Talk about your joys.

~~Rita Schiano

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