

“Contentment is that sweet, inward, quiet, gracious frame of spirit which freely submits to and delights in God’s wise and fatherly disposal in every occasion.”

- Jeremiah Burroughs

“God had one Son on earth without sin,
but never one without suffering.”

- Augustine of Hippo

1st Practice—Cry out!

*Lament is the pathway
toward being content.*

2nd Practice—Remember!
*Seek God's presence in places
that seem deserted.*

3rd Practice—Wait!

*In quietness and trust shall
be your strength.*

“It requires strength to wait quietly for something for which we have God’s promise but no date.”

- David Prior

4th Practice—Rejoice!

*In the midst of nothing, you
have Him who is
everything.*

“Believe that the deepest afflictions are always neighbors to the highest joys. The greatest possible privileges lie close to the darkest trials. Our afflictions are the highway that leads us closer to God. Our troubles are a fiery chariot to bring us to God. ... The more bitter your sorrow, the louder your song at the end.”

- Charles Spurgeon

5th Practice—Look up!
*God gives strength to rise
above, not live under our
circumstances.*