



CONTENTMENT

*God, my Father, let me confess to you what I've been feeling:
I've felt discontent with where I'm at in life.*

At times, I've felt nostalgia—longing for the past.

I've feared that my best days are behind me.

I miss the good old days; I miss friends who have moved away or moved on.

I miss when things seemed easier, when the world felt smaller.

I wish I could go back.

At times, I've felt anxiety or despair—obsessing over the future.

I've feared that what I have won't be enough for all my needs.

I fear my life is going nowhere, I fear it means nothing.

I lose my hope that all my work is worth continuing.

I feel frantic for security; I'm afraid of failing at what's next.

And so, Holy Father, at times, I've despised or disregarded the present.

I've despised my present situation,

because it doesn't feel as special as the past.

I've despised my means and blessings,

because they don't feel like they'll be enough for what's to come.

And when I'm stuck staring back into the past, pining for what was,

I disregard my present tasks;

When I obsess over the future,

I resent all that the present lacks.

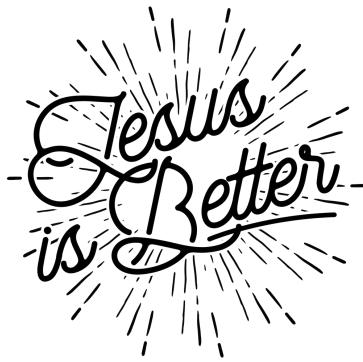
Now, Sovereign God, let me recall your promises and truth.

The good times of the past were gifts you gave to me.

Memory is a gift from you to remember your great deeds
and learn from past mistakes.

I need not live life looking backwards; I can't relive the past.

You were good then, and so you are today, and tomorrow you will be the same.



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The future is wholly outside of my control.

I am small and powerless, here on the Earth only a short time.

You are the eternal God, creator of the world

who authored all of history

who feeds the birds and clothes the flowers.

You have promised that my soul is safe in Christ

today, tomorrow, and for eternity.

So, Triune God, hear my prayer for contentment for today.

Father, assure me of your sovereignty.

Everything I have today, every responsibility and task,

is a talent that you gave me to steward faithfully.

You knew in eternity past that today I'd be in the situation that I'm in

because you decreed that it'd be so.

Forgive me if I have sinned by idolizing or despising your good gifts.

Spirit, fill me with joyful contentment.

Alone, I am prone to wallow in nostalgia, or freeze in anxiety.

But through you I can be uplifted and fulfill the Father's will.

Purge me of my discontent, and fill me up with hope in Christ.

Show me how I can serve you in my present stage in life.

Jesus, hold me close to you—never let me go!

You redeem the good that's lost in the past,

You will bring the good I hope for; you will make me whole.

In you, I'm empowered by the Spirit; in you I know the Father's love.

In you, my present is made meaningful; in you my labor is not in vain.

Jesus, hold me close to you—you are my contentment and my joy!