

## Encouragement for Real Life Podcast

### 211. Summer of Abundance Week 9: When Enough Really Is Enough

[00:00:00] Welcome to the Encouragement for Real Life podcast. I'm Julie Lefebure, your host. Life is remarkable, sometimes raw and always real. And some days we could use a little extra encouragement for our real lives. Here you'll find that. Along with personal life impacting stories, helpful life hacks, timely inspiration, Biblical insight, and a fresh perspective. The Encouragement for Real Life Podcast equips you to be a light in this world and to shine bright wherever God has you. I'm glad you're here today.

**Julie Lefebure:** Welcome to week nine of our Summer of Abundance series here on the Encouragement for Real Life podcast. We have had a great summer together so far, haven't we? We are working our way through this 12-week series all summer long, and I pray that you are enjoying learning the important aspects of living [00:01:00] the life that God has for you. The full and abundant life that He has designed specifically for you.

We've discussed the first eight elements of abundant living. And just to refresh our memories, those are identity in Christ, renewed mindset, intimacy with God, spiritual surrender, purposeful presence, almost forgot that one, joyful gratitude, physical wellness and last week we looked at healthy rhythms.

Today we are exploring the very next one, the next element to abundant living, and that is Godly contentment. Hmm. What do you think about that? What would you say about your contentment right now? Are you living a contented life or maybe not so much? Well, we look at this further in this episode and examine when enough really is enough.

I pray that this episode helps you and me [00:02:00] both to see contentment in a brand new refreshing light. So if you're ready, I say let's get into this episode.

**Julie Lefebure:** Much of my thirties were what I call my quote, striving years. Oh, those were the years when I was moving and shaking. I was living with big dreams and even bigger aspirations to achieve and make a name for myself. Then I was driving the infamous pink Cadillac, which I had earned from the cosmetic business that I was running out of my home. And I would often be spotted in skirted business suits and heels, often throughout my days, even while pushing the grocery cart through the grocery store aisles. [00:03:00] Oh, the next big achievement always just, continued to to dangle in front of me like

an elusive carrot. It was always right there, and I knew I was gonna get it. And the lure of the next win always kept me pushing and hustling and striving and trying to do the next thing. I was rising to the top and nothing was going to stand in my way to get there, and I knew that I was just gonna be successful. I was gonna continue on with the successful path that I was living.

When I look back now, though, I am not proud of how I allowed the things of this world to cloud my reality and what was truly important in my life at the time. It clouded all of that. And it's sad how easily I gave into the facade of the worldly kind of abundant life.

You know, I'd almost have to say it was kind of like an addiction for me. [00:04:00] But God rescued me. You know, until the day that God, little by little began to remove it all, to begin to strip it all from my life - the pink Cadillac, the heels and the suits, the industry recognition, the financial gains. Slowly, yeah, ever so slowly, it all went by the wayside, and I woke up one day completely aware and completely awestruck and just with disbelief that I had become a person that I never wanted to be. I was the woman who desired success over stillness, who chose fame instead of faith, and who longed for riches instead of righteousness.

How? How did I get so far off track? Yeah. I wasn't living a contented life. And in [00:05:00] that season, I remember one day I was sitting in this very office, at this very desk and my gaze rested on that wall over there. And on that wall were prestigious sales plaques that I had just carefully hung. I had earned those plaques, uh, at the height of my, my, my career in cosmetics, and when I looked at them that day, they had become a painful, reminder of a very discontented season in my life. And so I sprung up out of my chair and I grabbed them off the wall and I threw 'em in a box and sealed the box shut. I guess I didn't have the heart right then to throw them in the trash, but I probably should have. And I wonder where that box is today. I have no idea. Maybe I threw it all away. I probably should have. [00:06:00] And hopefully I did. If not, I'm gonna find 'em someday or my kids will find 'em someday, and then they, they'll throw 'em in the trash. Oh goodness. But those were rough, rough depleting and damaging years.

But you know, those kind of years, they, they change you, they change a person and they changed me. I learned some, some tough lessons about contentment through them and those lessons have stayed with me yet still today. So I guess sometimes it's a good thing to go through those hard years because we learn from them and then we apply those to our lives, hopefully to never to repeat those lessons again.

So I wanna pause today and I ask you, are you contented? Are you living in contentment? Are you content with your life right now? Or are you seeking and striving and pushing to the next thing? Or are you thinking that maybe what you don't have yet will make you [00:07:00] happier than you are today? That thing that you know you want, that's just gonna make you happy when you get it.

Hmm. I invite you to take a moment right now. Let's just pause here for a moment. On a scale of one to 10, 10 being the highest, and of course 1 being the lowest, answer this question - how content on a scale of one to 10, are you in your life right now? Would you say that you're a 10, that you are fully contented right where you are, or are you a one like you are really not living in contentment? It's okay. Just answer the question. You don't have to feel bad or feel good about your answer. Just simply answer it. And what is making you content or not content, do you know?

Well, I think it's really smart if we just pause and also look at what contentment is. What is contentment? Well, it's the state of being contented. Duh. Right? [00:08:00] But that also means it's just the state in which we're, we're satisfied with who we are or what we have and we don't want more or we don't need to have anything else to be content. We we have enough. It's also known as satisfaction or even serenity. It's when enough really is enough. That's contentment.

But is this the same as Godly contentment. And that's what we're talking about today. And I say it's a great time to turn to our key scriptures for today, for the answers because we know God's Word has, has answers for us and guidelines to live by and, and helpful resources tucked in God's word that we can just turn to.

So let's turn to the first one. And this is Philippians chapter 4, verses 11 through 13. And in the New International Version, it reads this way. "I am not saying this because I am in need. For I have learned to be content whatever the [00:09:00] circumstances. I know what it is to be in need and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength."

Great verses, aren't they? Paul learned contentment in every situation of life. Not because of the circumstances, because he didn't always have perfect circumstances. But through Christ who strengthened him. This right here is the secret to Godly contentment. Jesus. He's the secret. Whether we struggle with comparing what we lack with someone else's earthly abundance. Or we struggle with the lure of acquiring more just that next thing that we want, or with the

temptation to live beyond our [00:10:00] means. We cannot live contented without the strength of Jesus. We can't. It's plain and simple. It's so important just to rely on the strength of Jesus, especially in those moments of temptation, or when we're feeling less than, or living in lack. We can just trust, ask Jesus to give us His strength.

The second scripture is 1 Timothy chapter 6, verse 6, in the New American Standard Bible, it reads, "But godliness actually is a means of great gain when accompanied by contentment."

Hmm. So profound, so powerful. Just a matter of words, my goodness. True wealth is, is found not in accumulation, but in alignment with God's heart. That's true wealth. The wealthiest people are the Godly ones who live content, not the ones who have the most stuff or the most money.

You know, [00:11:00] contentment has nothing to do with stuff or money. It doesn't. Think about that for a moment. Does this kind of life describe your life and my life? Are we the wealthiest ones in God's eyes? Or are we living in lack and feeling like we're always living in lack because we lack, we lack contentment in our lives. When we lack contentment, we will always feel a lack. But when we have contentment, we will always feel provided for.

Contentment is more important than we think it is. And it's more important than we think it is to live this abundant life that Jesus calls us to. It's all about contentment. A contented life is a full life. Yes, it may look boring and ridiculous and lame in the eyes of the world, but living a life of contentment actually [00:12:00] is living an abundant life. We don't need more stuff to live in abundance. No, we just need to rest in Godly contentment, to rest in Jesus.

So let's get this straight right here. Godly contentment isn't laziness or complacency. It's not fake positivity or pretending that everything's just fine and everything's perfect because we know it's not. That has nothing to do with contentment either. And it's certainly not denying hard emotions and circumstances and desires. But it is trusting God's timing, His provision, and His perfect plan. It's choosing peace over striving, and it's letting go of the lie that more is always better. You know, we know that more isn't always better, right? Enough really is enough, my friend.

But it's not so easy to live a contented [00:13:00] life these days and in this world, right? I mean, we battle it every single day. We face enemies of contentment throughout our day, such as the comparison culture that we're immersed in, and the constant striving and hustle that we witness. The fear of

missing out, you know. FOMO that appears just out of nowhere. And the forgetting of God's past faithfulness in our lives. These all are just enemies of contentment. 'Cause we, we sometimes forget and we sometimes allow ourselves to feel the FOMO. And we sometimes get pushed into the hustle culture and the comparison culture. And that's not contentment at all. It's not. These come against us usually at the worst possible times in life. And it's no wonder that we struggle with contentment. So if you struggle with contentment, you're in good [00:14:00] company, because I do too. I don't do this perfectly. I'm a work in progress as you are.

But we can choose Godly contentment in every situation we face. And I say that incorporating just these four simple practices will help us to do that. All right, so let's look at these.

The first one is daily gratitude. And this is just simply naming what we're grateful for. We talked about that a few episodes ago. Name three things today right now that you're grateful for. Okay, we're gonna do that in a minute. We're just gonna go through the list first. All right, so name three things that you're grateful for. Uh, a great time to do this is at nighttime, at bedtime, and maybe just the start of the morning.

All right, the second one is limiting comparison triggers, like social media. We know what happens when we're, we're on social media and we see, uh, a friend, they went on their dream trip to Hawaii, and you wanna go to Hawaii. And, you've never been to Hawaii and [00:15:00] you start to feel terrible because you're comparing what they did to what you have. You're home, you're working, you're, you're not going to Hawaii, and you start this downward spiral of discontent.

Or you see someone that's purchased a brand new home and you want a new home so bad and you start to feel the lack and you start to look around and see your house and you're so discontented with your house. I get it friend. I get it. So those are some triggers, some comparison triggers. If we can just limit those, that will help.

The third thing is to prayerfully reflect on this question. What do I already have that I've overlooked? What is it that God's already provided for you that you just aren't, maybe aren't noticing? You're seeing the grass is greener on the other side, but you're not noticing your beautiful grass on this side of the fence. What is it that God's already given you that maybe you just haven't noticed or that you haven't appreciated? [00:16:00] Like if you pause and look at it, you will start to appreciate it. So what is it that you've overlooked that God's given you?

And the fourth one is rehearsing God's faithfulness in your, in your story. Where has God shown up in your life? Where has He shown up faithful? What has He done in your life that you just are in awe of? This is why it's really good to, to start or continue a gratitude journal where you can just document the things that God's done, the things that you're grateful for in your life. This is a great thing to do at the end of the day or just throughout the day if you're like me and sometimes forget, wait, what did happen today?

So let's try one of these right now. Okay. I started a minute ago, but let's, let's do the first one. Let's name out loud or silently if you're at a place where you can't name it out loud, three things that you are grateful for right now. Go ahead. Go ahead. I'll wait. Three [00:17:00] things that you're grateful for. Okay. Well, the three things I'm thinking of are I'm grateful for my family. I'm grateful for Jesus. And I'm grateful for summer, because summer's my favorite season.

The thing is, the more grateful we are, the more content we will be. Always. Contentment and gratitude go hand in hand. They kind of support each other. And if you want a reminder of what gratitude is and how to have joyful gratitude, I invite you to to revisit episode 207 of this podcast series, of the Summer of Abundance series, because it's all about gratitude and how you can dig deeper and incorporating more gratefulness into your life.

As always, I always think it's important to just pause and reflect. And so some reflection questions today. Ask yourself these questions. What if I believed what I have right now [00:18:00] is already enough? Hmm. Yeah. And would having more make me more fulfilled or more distracted? You know, sometimes I think I need more and then I realize it just causes more clutter and clutter just shuts me down. So I don't need more stuff. I just need more Jesus.

I also enjoy giving a just a simple, um, powerful Biblical affirmation in each of these episodes. And so one for today is based on Philippians chapter 4, verses 11 through 13. And it's this - in Christ, I have enough. He is my source, my strength and my satisfaction. I'm gonna say that again. In Christ, I have enough. He is my source, my strength and my satisfaction. Say it. Write it down [00:19:00] somewhere, maybe in your companion pages, uh, for this series or in a journal. Or commit it to memory and then live it out and believe it. Enough really is enough, my friend.

So let's take it one step further though. Let's put some action steps to this. We've, we've reflected. We have a Biblical affirmation. And now we're to put it into action.

So here is three, three simple action steps. Go for a 10 minute walk today and speak your thanks out loud. Just speak what you're grateful for out loud. Everything you can think of. Let God hear it and let yourself hear it. God's creation and nature has a grounding way of reminding us that His provision is all around us and it's all that we need.

Another one is practice celebrating someone else's success or blessing or breakthrough without wishing that it was yours. Ugh. It's a [00:20:00] hard one for me. I think it's a hard one for many of us. But we can cheer for them. We can cheer for others out loud or in prayer. Uh, and when we do, when we, we do that, we just genuinely praise or celebrate with someone else, then we, we retrain our hearts towards Kingdom joy. That's a huge thing. And it's one that we can apply. Who, who's celebrating today that you can celebrate with.

And another one is to keep one day of your week less about productivity and more about presence. Use it to enjoy what you already have. People, rest, good food, and God. You don't need more. Just celebrate what you already have.

Oh, friend, God sees you. He knows what you need. In Christ, you already have the, the riches of heaven. And contentment is possible because [00:21:00] Jesus is enough. And that's what we need to remember every single day. Jesus is enough. That's where our contentment comes from.

And if you're not feeling very contented right now, I understand. Give yourself some grace. Keep practicing. Keep practicing contentment. It's a practice. Keep noticing what you already have and be grateful for it all. And watch your contentment rise and your gratefulness rise, and watch your abundant life change in multiple ways that you just can't even expect right now.

So let's pause right now to pray. Will you pray with me. Oh, heavenly Father, I just thank You for Your Word that encourages us. That reminds us that contentment is so important to live a contented life in You. Lord, the world continues to, to pressure us to, to put in front of us things that say, you need this. And you'll be happy if you [00:22:00] have this. And if you go here, you'll experience even more happiness. Or, or whatever it might be. But Lord, we know that true contentment is found in You and Your Son Jesus. Father God, help us to live a contented life with contented hearts. Help us to be grateful for what we have. Show us what we have that You've already given us. We don't wanna overlook one single blessing. But Father, we want to acknowledge them, we want to celebrate them, and we want to be grateful for them. We wanna celebrate others also, Lord, as they live out their hopes and dreams and, and their contented lives. So, Lord, help us to be Your lights in this world regarding

contentment. We need You. We love You. We can't do this without You. Thank You. In Jesus name we pray. Amen.

It's good to pray together, isn't it? It is. Thanks for doing that with me.

[00:23:00] Friend, if you would like support in living a contented and joy-filled life, um, my abundant life mentoring is a beautiful space to grow, and many women are finding that right now. They're enjoying the opportunity to grow in this abundant life. And I will help you find the life that you've always desired to live. You'll find the link in the show notes where you can just schedule your own 20 minute connection call with me. It's free to find out if it's for you, if Abundant Life Mentoring is for you. It might not be. But it might be. And I would love to work with you.

Next week is already our monthly guest episode. Can you even believe it? But let me tell you. Lemme tell you right now, my goodness, you do not want to miss next week's episode. Not one guest. Not two guests. But three guests join me on the podcast. You are gonna be inspired in [00:24:00] ways that you can't even expect right now. So look for it next Tuesday. It'll drop bright and early in the morning, next Tuesday morning. And listen in. I think you're gonna be blessed. I know you're gonna be blessed.

So friend, let's take a breath. Let's just take a breath right here. That's good, isn't it? Just to breathe. Sometimes I forget to breathe. But I wanna remind you that you have all you need in Jesus. Your contented life is waiting for you right here, right now, and I am cheering you on and I'm praying for you today.

Thanks for being here. I appreciate you. God bless you.

Thank you so much for joining me here today. You can find more at [julielefebure.com](http://julielefebure.com). And until next time, stay encouraged.