

***Chasing Contentment: Trusting God in a Discontented Age*** by Erik Raymond, (Wheaton, IL: Crossway, 2017). [20 Quotes selected by Scott Slayton]

**1. Contentment does not depend on circumstances.**

“Contentment is far more powerful than a change of circumstances. Instead of being sourced on the outside and subject to changing circumstances, biblical contentment comes from within and endures through the spectrum of circumstances.” [page 25]

**2. God is the model.**

“God is the object and the model of contentment. He is content in himself, and he shows us that the only way to find contentment is in him.” [page 37]

**3. Understanding contentment.**

“Any attempt to understand contentment must begin with God. As the only uncreated being, he is the only one who is not dependent upon someone or something else. He is entirely self-sufficient.” [page 37]

**4. Contentment is elusive.**

“Contentment is elusive because sin is pervasive.” [page 42]

**5. Contentment speaks in the present tense.**

“Contentment is the abiding ‘Amen’ of our joy. It speaks in the present tense, saying: ‘I am tasting and I am seeing that the Lord is good.’” [page 46]

**6. What erodes contentment.**

“To relativize sin is to deflate mercy. This type of thinking erodes contentment.” [page 56]

## **7. Make a list.**

“If you are having a hard time being content, make a list of everything you have that you don’t deserve, and then make a list of everything you deserve that you don’t have.” [page 62]

## **8. Resting in the unseen.**

“If contentment is learned by resting in what we cannot see, discontentment results from seeking rest in physical things.” [page 86-87]

## **9. What feeds the soul is unseen.**

“Shiny wrappers catch the eye, but our souls are fed not by what is seen and perishing (1 John 2:17) but what is unseen and eternal (2 Cor. 4:18).” [page 93]

## **10. God’s sufficiency.**

“A content person is able to sit quietly under the reassuring affirmation of God. The Lord is his or her sufficiency.” [page 94]

## **11. Craving God instead of self.**

“The Bible shows us that the natural impulse of the fallen nature is to crave self at the expense of God, while the new nature craves God as the fulfillment of self.” [page 95]

## **12. Seeking satisfaction.**

“The heart of the matter is that when we ourselves determine what will satisfy, we don’t pursue what brings true satisfaction. The broken compass within us always leads to the dumpster rather than the five-star restaurant.” [page 98]

### **13. Soul happiness.**

“To see your need of Christ and his willingness to save you creates an explosion of happiness in the soul.” [page 107]

### **14. Happiness in heaven.**

“Heaven is so happy because those who are there have come to see, without any impediments or weights of sin, that God is their all in all. In heaven there is eternal delight without the things we so often chase after.” [page 107]

### **15. God’s gifts of humility and trust.**

“Most people say they’d be happy if they could just have more. But God often makes us content not by giving us more stuff or relationships but by giving us more humility and trust.” [page 110]

### **16. Bitterness ruins contentment.**

“We cannot be content in the present when we are nursing bitterness about the past. We are basically saying God failed us.” [page 126]

### **17. Circumstances and God’s character.**

“Instead of interpreting God’s character in light of our circumstances, we must do the opposite and interpret our circumstances in light of God’s character.” [page 127]

### **18. No wasted hardships.**

“There are no wasted hardships with God.” [page 127]

### **19. More of Christ, less of self.**

“It is a simple formula really: If you want to be content, think less about yourself and more about Christ.” [page 159]

## **20. Mercy and thanksgiving.**

“When we are content, we ‘spy mercy in every condition’ and have our hearts laminated with thanksgiving.” [page 164]