

SCRIPTURE JOURNALING

30 Days of Contentment

Focusing on contentment is one of the most powerful ways to cultivate a life of joy, peace, and fulfillment.

1. Contentment Fosters Gratitude - When you focus on contentment, you shift your mindset from what you lack to appreciating what you have. Gratitude can transform ordinary moments into extraordinary ones, helping you recognize the beauty in your current circumstances.

2. Reduces Stress and Anxiety - Contentment reduces the constant striving for more or better, which often leads to stress. Instead, it encourages acceptance and inner peace, giving you mental clarity and emotional stability.

3. Leads to Authentic Fulfillment - Rather than chasing external validation or material goals, contentment allows you to find joy in life's simplest pleasures—relationships, nature, small victories, and personal growth.

4. Improves Relationships - When you're content, you radiate positivity and are less likely to compare yourself to others. This mindset can strengthen connections with your family, friends, and community.

5. Models a Healthy Mindset for Your Kids - As a mom, your children are watching how you navigate life. By prioritizing contentment, you teach them to value experiences over possessions, self-acceptance over comparison, and gratitude over dissatisfaction.

6. Focuses You on the Present - Contentment grounds you in the here and now, which is where true joy exists. It helps you slow down, embrace the current season of life, and live in alignment with your values.

encouragement faith hope wisdom love trust

thanks courage humility grace joy contentment

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1 Colossians 3:2

“Set your minds on things that are above, not on things that are on earth.”

2 Psalm 23:1

“The Lord is my shepherd; I shall not want.”

3 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.’”

4 Philippians 4:11-12

“Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound.”

5 1 Timothy 6:6-8

“But godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world. But if we have food and clothing, with these we will be content.”

6 2 Corinthians 12:9-10

“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.”

7 Proverbs 30:8-9

“Remove far from me falsehood and lying; give me neither poverty nor riches; feed me with the food that is needful for me.”

8 Ecclesiastes 5:10

“He who loves money will not be satisfied with money, nor he who loves wealth with his income; this also is vanity.”

9 Matthew 6:33

“But seek first the kingdom of God and his righteousness, and all these things will be added to you.”

10 Proverbs 15:16

“Better is a little with the fear of the Lord than great treasure and trouble with it.”

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11 Psalm 62:5

“For God alone, O my soul, wait in silence, for my hope is from him.”

12 Proverbs 19:23

“The fear of the Lord leads to life, and whoever has it rests satisfied.”

13 Romans 8:28

“And we know that for those who love God all things work together for good, for those who are called according to his purpose.”

14 Philippians 4:19

“And my God will supply every need of yours according to his riches in glory in Christ Jesus.”

15 John 14:27

“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”

16 Matthew 6:25

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?”

17 Isaiah 26:3

“You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the Lord forever, for the Lord God is an everlasting rock.”

18 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.”

19 1 Peter 5:7

“Casting all your anxieties on him, because he cares for you.”

20 Isaiah 55:2

“Why do you spend your money for that which is not bread, and your labor for that which does not satisfy?”

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21 Jeremiah 29:11

“For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.”

22 Proverbs 14:30

“A tranquil heart gives life to the flesh, but envy makes the bones rot.”

23 James 1:17

“Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change.”

24 Psalm 34:10

“The young lions suffer want and hunger; but those who seek the Lord lack no good thing.”

25 Psalm 84:11

“For the Lord God is a sun and shield; the Lord bestows favor and honor. No good thing does he withhold from those who walk uprightly.”

26 Psalm 131:2

“But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.”

27 Job 36:11

“If they listen and serve him, they complete their days in prosperity, and their years in pleasantness.”

28 Psalm 16:11

“You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.”

29 Psalm 37:16

“Better is the little that the righteous has than the abundance of many wicked.”

30 Ecclesiastes 4:6

“Better is a handful of quietness than two hands full of toil and a striving after wind.”