



# Too Much Enough

*by Kim Marquette*

Philippians 4:12

*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 don't know about you, but I cannot make the same claim as Paul. Now I have never truly been hungry, and, although I have wanted things, I have not been in want. I have had plenty - I have enough. In fact I have too much enough!

What is the secret to being content?

Growing up, I remember my dad striving to be a millionaire. He was always working, always making deals. He had a 9th grade education and was truly a self-made man. He had a theory that if you had a dream, you could make it happen. The idea that whatever you put your mind to dreaming, you would consciously and subconsciously make decisions that would order your life to achieve that dream. At a young age he wanted a motor scooter. He thought about it all the time - went to bed dreaming of riding a motor scooter. At 14 he had a motor scooter and owned many motorcycles throughout his life. But the secret of being content alluded him, as it does me so often.

He had it all. All! A few weeks ago as he was nearing the end of his life, I asked him if he had any regrets and he said, "Your mom and I worked so hard to get all of this and yet we never took the time to sit on the patio and enjoy it." His only regret - not knowing the secret of being content.

In many ways I am my father's daughter. I forget to appreciate the small things. A hot shower, a great cup of coffee, the sunshine, the birds signing, a cool breeze. So much of my life is taking care of all the stuff I have, instead of just enjoying it. **I have too much enough.**

The secret to being content is found in Philippians 4:13 - I can do all things through Him who gives me strength. It is about the focus - it's always about the focus!!!! Dad was focused on gaining instead of remaining. I find myself focused on changing, wanting less or wanting more, instead of abiding.

I am going to follow my Father and my father. My Father says to rely on Him and my father says see it, dream it and your life will change. So I will dream of contentment, rest, abiding. I will think on Him more and then I will consciously and subconsciously make decisions and order my life to achieve that dream.

### **Reflect and Respond**

- 1) Ask Him, "Do I have too much enough?"
- 2) Tell yourself no today - could be no to dessert or no to a purchase. Practice self-denial.
- 3) Spend time giving thanks to Him for the little things that just seem normal, i.e. hot water.



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