

A Heart at Peace

Scripture Reading — Proverbs 14:29-35

A heart at peace gives life to the body, but envy rots the bones. — Proverbs 14:30

On principle and self-awareness, I consistently refuse to pay to see people's wealth displayed in their homes, yachts, or other showy possessions. Such displays of opulence serve only to enrich their owners or agents. It hardly leads to contentment even if we say, "I wouldn't -really know what to do with it all." God wisely instructed his people not to covet their neighbors' possessions. But can we avoid feeling envious when we view or admire other people's riches?

A tranquil heart lowers blood pressure. The serene, content heart gives life. The "heart at peace" is the heart of those who see what they own or have accomplished and are gratefully content. They're not always looking at others and their "stuff." They understand the admonition of Psalm 37:7: "Do not fret when people succeed in their ways." One does not need to be the richest or the smartest to be content. It's a matter of being wise, and the wise person is not concerned about being the wisest.

Like a cancer, envy destroys what is healthy. Envy prevents us from enjoying what we have and the relationships we enjoy.

Hebrews 13:5 states, "Be content with what you have, because God has said, 'Never will I leave you; never will I forsake you.'" And Jesus promised, "I am with you always" (Matthew 28:20). Do we need more?

Prayer

God of peace, help us see the riches we have in Christ. Help us be content to share what we have so that we will live obediently as your children in your world. In Jesus, Amen.

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