



10

**How to find true contentment**

***You shall not covet your neighbour's house.***

***You shall not covet your neighbour's wife, or his male or female servant, his ox or his donkey, or anything that belongs to your neighbour.***

***Exodus 20:17***

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# **COVETING**

*lusting  
setting our hearts on  
something  
desiring something of  
someone else*

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# ***DESIRES***

***LOVE***

***BELONG***

***VALUED***

***SAFE***

***RESPECT***

***MEANING IN OUR LIVES***

***ADVENTURE***

***PLEASURE***

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# ADAM AND EVE

# ADAM AND EVE

‘For God knows that if you eat of it your eyes will be opened and you will be **like God**, knowing good and evil’

Genesis 3:5

## **ADAM AND EVE**

It seems as though seeds of covetousness were sown in the hearts and lives of men and women from that time. And like weeds, we continue to live with the challenge of eradicating them.

# KING DAVID

‘... a man after God’s own heart...’  
1

Samuel 13:14

# KING DAVID

He broke the 10<sup>th</sup> commandment  
but also the 7<sup>th</sup>  
and the 6<sup>th</sup>  
as well as the 9th

Adam and Eve had everything

King David had many things

**WAS THAT NOT ENOUGH FOR THEM?**

**IS WHAT WE HAVE NOT ENOUGH FOR US?**

# ***COUNTERING COVETOUSNESS***

***- Be aware and be realistic***

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# ***COUNTERING COVETOUSNESS***

- ***Be aware and be realistic***
- ***See through the illusion***

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Money can buy medicine, but it cannot buy health  
Money can buy a house, but not a home  
Money can buy companionship, but not friendship  
Money can buy entertainment, but not happiness  
Money can buy food, but not an appetite  
Money can buy a bed, but not sleep  
Money can buy a crucifix, but not a saviour.

Anonymous poet

# ***COUNTERING COVETOUSNESS***

- ***Be aware and be realistic***
- ***See through the illusion***
- ***FOMO***

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# ***CULTIVATE CONTENTEDNESS***

- ***Adopt an attitude of gratitude***

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# ***CULTIVATE CONTENTEDNESS***

- ***Adopt an attitude of gratitude***
- ***Keep our heart in shape***

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Come to me, all you who are weary and burdened,  
and I will give you rest.

Take my yoke upon you and **learn from me**,  
for I am gentle and humble in heart,  
and you will find **rest for your souls**.

For my yoke is easy and **my burden is light**.

Matthew 11:28-30

Keep company with me

and you'll learn to live **freely and lightly**      MSG

# ***CULTIVATE CONTENTEDNESS***

- ***Adopt an attitude of gratitude***
- ***Keep our heart in shape***
- ***Be a wise steward***

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# ***CULTIVATE CONTENTEDNESS***

- ***Adopt an attitude of gratitude***
- ***Keep our heart in shape***
- ***Be a wise steward***
- ***Focus on relationships and not things***

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# ***CULTIVATE CONTENTEDNESS***

- ***Adopt an attitude of gratitude***
- ***Keep our heart in shape***
- ***Be a wise steward***
- ***Focus on relationships and not things***
- ***Be a giver***

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# ***JESUS***

- ***Attitude of gratitude***
- ***Kept his heart in shape***
- ***Was a wise steward***
- ***Focused on relationships and not things***
- ***Gave his life for us all***

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