

Isn't it weird how human beings never seem to be content? I remember it wasn't too many months ago that our area was under a severe drought, and we daily prayed for rain to come and break the heat and water the grass. Now? Now it seems to be endless rain and gloom. Now I'd love to have even a day or two of solid sunshine.

What is it about us that is never content in the circumstances we are given? Why are we constantly looking for the greener grass on the other side of the fence? Why can't we simply be happy with what we have?

Some might say that it's our sinful nature. Perhaps a relic of Adam's original sin in the Garden; wanting to know more than what we do or are entitled to.

Maybe someone who's a bit more forgiving would point out that our discontent is actually a driving force in human evolution, pushing us to invent and create and even migrate when circumstances are less than ideal.

Maybe there's some truth to both of those. Our lack of contentment can be a good thing, if it's pushing us to make ourselves, or our world, a better place. But, when it becomes about constantly comparing ourselves to others, or to the past, or to some supposed ideal....that's a recipe for anxiety and depression.

Like millions of other people around the world, I struggled with this kind of anxiety during the Covid pandemic and lockdowns. I was constantly wondering "when will life be better?" "When will it be like it was?" Eventually I took a course of CBT, Cognitive Behavioural Therapy, in order to break myself from this cycle.

During that time, I found comfort in Paul's words to the Philippians:

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. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me. (Philippians 4:11-12)

Paul is grateful for the Philippians support, but he ultimately wants them to know that he has learned, in all circumstances, to be...content. Maybe not happy, certainly not ignoring the external circumstances, but trusting in God in such a way that says, "I can do all things through God who strengthens me".

May we find the peace to do the same.

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Resources

Understanding Self-Harm in Adults, Children and Young People

The Learning Network is running a free webinar on with Rebecca Bright, who is a trainee psychologist. This session will be taking place on **Wednesday 15th February 2023** from **7pm – 9pm**. To book your place on the event please click

[Understanding Self-Harm: A Safeguarding Webinar Registration, Wed 15 Feb 2023 at 19:00 | Eventbrite](#)

Keeping Warm and Saving Energy

Green Christian have a new series of free on-line workshops for 2023 on the first Wednesday of each month from 7pm to 8.15pm. **On Wednesday 1 February 2023 Mark Boulton will lead one on Keeping Warm and Saving Energy**

Mark will lead a workshop on the recent unprecedented rises in energy costs and increasing concern about the urgency of responding to climate change (and loss of biodiversity). This will provide an opportunity for reviewing ways to keep warm whilst at the same time reducing our energy costs, as well as sharing ways of generating renewable energy based on personal experience. Mark is aware that there is a significant amount of

expertise amongst Green Christian members! There will be plenty of opportunity to ask questions and to share your own experiences.

Mark Boulton is a retired zoologist whose career included working as a UN Consultant in Africa and Nepal, then working with Sir Peter Scott to advise WWF International on environmental education. In 2012 he built a carbon negative house in the Cotswolds following passive house principles. Since then he has installed a heat pump and is currently putting in storage for the 10kW solar roof. He will soon be helping to pioneer new technology to enable an electric car to be charged by solar during the day and then share some of that electricity to power the house at night. In 2009 he raised funds for, and installed, one of the first solar roofs on a church. He is currently EcoChurch Coordinator for all the Birmingham District Methodist churches.

Register here: [Meeting Registration - Zoom](#)