



24 January 2025

Are you satisfied?

King David opens Psalm 145 with

“I will exalt You, my God, the King, and I will bless Your name forever and ever. Every day I will bless You, and I will praise Your name forever and ever.”

One of the reasons he gives in the following verses is

“The LORD supports all who fall, and raises up all who are bowed down. The eyes of all look to You, and You give them their food in due time. You open Your hand and satisfy the desire of every living thing” (14-16).



So the question, “Are you satisfied?”

At the start we need to clarify what true satisfaction is. In Philippians chapter 4 the apostle Paul writes,

“I have learned to be content in whatever circumstances I am. I know how to get along with little, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need” (11-12).

Paul was content in his circumstances, but was constantly “reaching forward to what lies ahead”, pressing “on toward the goal for the upward call of God in Christ Jesus” (Philippians 3:13-14).

True satisfaction is not complacency, which is being satisfied but not seeing the need, or not moving forward to improve, to grow. For example, if I read the Bible and am challenged, but don’t act on that. Complacency.

It has been said that true satisfaction or contentment is being satisfied with today while also seeing the need for improving, growing and taking steps toward that. In that sense, “our reach should always exceed our grasp.”

Our natural, fallen nature is not marked by satisfaction because it is self-centered and things of this world centered. Surveys show us that however much a person’s income, on average people think and want twice as much in order to have a good life. In contrast with our new nature in Christ, as

we are focused on Him and the things above, on eternal things, we will be blessed by true satisfaction from God. King Solomon teaches us “What the eyes see is better than what the soul desires.” Or, as the Good News Translation puts it, “It is better to be satisfied with what you have than to be always wanting something else” (Ecclesiastes 6:9).

King David gave us good reasons for being satisfied. The apostle Paul shared his example. Jesus also tells us the same thing.

“Look at the birds of the sky, that they do not sow, nor reap, nor gather crops into barns, and yet your heavenly Father feeds them. Are you not much more important than they? And which of you by worrying can add a single day to his life’s span? And why are you worried about clothing? Notice how the lilies of the field grow; they do not labor nor do they spin thread for cloth, yet I say to you that not even Solomon in all his glory clothed himself like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! Do not worry then, saying, ‘What are we to eat?’ or ‘What are we to drink?’ or ‘What are we to wear for clothing?’ For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. But seek first His kingdom and His righteousness, and all these things will be provided to you” (Matthew 6:26-33).

Take some time to think about your focus. Think over the last week, even year, and see some of what God in His grace has provided for you. Thank Him. Determine to grow in, to live in a state of true satisfaction, true contentment.

Pastor Lyle