



Devotions for June 7-14, 2025

"Choosing Contentment Over Covetousness"

TEN Series, Week 7

Daily Prayer for the Week: Lord, quiet my restless heart. Teach me to see and trust Your provision. Free me from envy, and form in me a heart that is content, generous, and grateful. Amen.

DAY 1 – The Curse of Comparison

Say the Daily Prayer. Then, read: Exodus 20:17

Meditate: “You shall not covet...” This command hits at the very root of our inner life. Coveting is not merely desire—it’s desire twisted by comparison. It creeps in quietly and subtly: envy of someone else’s home, success, relationships, or lifestyle. Left unchecked, it corrodes joy and breeds deep discontent. At its heart, coveting says, “What I have is not enough.”

Reflect:

- Where has comparison taken root in my heart?
- What am I looking at that makes me feel like I’m missing out?

Practice: Limit your exposure to comparison today—whether social media, shopping, or conversations that stir envy. Instead, turn your attention to what God has entrusted to you. Name three things that are “enough” in your life right now.

DAY 2 – A Divided Heart

Say the Daily Prayer. Then, read: Romans 7:7–8

Meditate: Paul reminds us that the law revealed the sin within him—especially coveting. Coveting divides the heart between what God has given and what we wish He had. It’s a window into deeper unrest, often masked by outward behavior. But God doesn’t just want our obedience—He wants our affection.

Reflect:

- What have I been chasing or clinging to that reveals a divided heart?
- Do I trust that God sees and satisfies my deepest needs?

Practice: Spend 10 minutes in silence, asking God to expose any hidden places of coveting in your heart. Write them down in a journal. Offer each to God in prayer, asking Him to make your heart whole.

DAY 3 – The Secret to Contentment

Say the Daily Prayer. Then, read: Philippians 4:11–13

Meditate: Paul speaks of a secret he learned—not a technique, but a Person. Contentment is not found in abundance or comfort, but in Christ. He strengthens us to be at peace whether we have much or little. This is the freedom the world cannot offer.

Reflect:

- What “secret” have I been chasing to feel secure or satisfied?
- In what area of my life do I need Christ’s strength to be content?

Practice: Choose one circumstance today where you often feel dissatisfied—finances, time, relationships. Pray, “Jesus, teach me to be content in this.” Look for His provision in that specific area throughout the day.

DAY 4 – Seeing God’s Goodness in Another’s Gain

Say the Daily Prayer. Then, read: Romans 12:15; James 3:16

Meditate: Envy resents someone else’s blessing. But love rejoices with those who rejoice. It takes grace to celebrate another’s success without feeling smaller. Yet doing so frees us from the tyranny of self-comparison and opens our eyes to the abundance of God’s goodness.

Reflect:

- Who am I struggling to celebrate right now?
- Do I believe God’s goodness is limited—or that there’s enough for me too?

Practice: Think of someone and celebrate something in their life—a milestone, gift, or achievement. Pray blessing over them. Let their joy increase your own.

DAY 5 – The Practice of Enough

Say the Daily Prayer. Then, read: 1 Timothy 6:6–8

Meditate: “But godliness with contentment is great gain.” In a world of striving and endless desire, contentment is countercultural. It’s not apathy or complacency—it’s peace with what God has already given. To say “enough” is not to settle, but to rest.

Reflect:

- Do I practice contentment, or just think about it in theory?
- What does “enough” look like for me in this season?

Practice: Create a short “enough” statement. For example: “My home is enough. My income is enough. My worth in Christ is enough.” Write it out and keep it visible. Let this truth recalibrate your heart today.