



Biblical Foundations

Contentment

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

— James 1:17 (NIV)

We deserve nothing from God. In fact, if we received precisely what we deserve, it would be less than nothing. We would experience God's infinite wrath and eternal condemnation.

Because of God's mercy, we are spared condemnation. And because of God's grace, we can experience His bountiful goodness in many ways.

What we have and what we deserve are very different—a difference made possible by the cross of Jesus Christ. Through His death and resurrection, Jesus purchased our redemption and every good thing we will ever receive.

James declares that "Every good and perfect gift is from above." What he is telling us is this: Every good thing that we have or will ever receive has been given to us by God. God alone is the author of good and the ultimate source of grace in our lives.

What are you experiencing right now that is good? The air you breathe into your lungs? Every breath is a gift from God. What about your life? Getting out of bed this morning was a gift from God. Your health. A roof over your head. The food on your table and the clothing on your back. Your family and friends. Every good thing you have is given to you by God.

When I grew up, it was a custom in our home to give thanks before every meal. As a child, I remember thinking, "Why are we thanking God? Dad earned the money to buy the groceries, and Mom cooked the meal." What I learned later is that God gave me my parents. He gave them jobs and the ability to earn a paycheck. He gave my mom unique skills in preparing delicious and nutritious meals. So, whether by miracle or by providence, God made that meal possible.

When the Israelites wandered for forty years in the wilderness, God miraculously provided their meals. In my family home, God provided our meals, not by supernatural means but through His mighty hand of providence.



Every good and perfect gift—every big and little thing that comes into our lives that we might call good—comes from God’s hands. Every one.

Think about what you deserve. Now think about all that you have been given. Then thank God for His amazing grace!