

Speaking to the soul



Contentment

So the people of Israel did as they were told. Some gathered a lot, some only a little. But when they

measured it out, everyone had just enough. Exodus 16:17-18

God's miraculous provision of food for the people of Israel throughout their 40 years in the wilderness is breathtaking. I particularly love these verses because of the wonderful detail. Although the families had very different needs, everyone had just enough. Enough is a precious word. Wouldn't it be great to live in a world where everyone was content with just enough? Sadly, although there is plenty of food for everyone, there are millions of people who go to bed hungry each night. In the UK approximately 9.5 million tonnes of food are wasted every year, which is horrifying when you consider that there are 8.4 million people here living in food poverty.

It is estimated that around 9 million people in the world die of starvation every year. It is a terrible fact that a child dies of hunger every ten seconds. But this is completely unnecessary in the modern world. We have the means of producing the right quantity of food and transporting it to the places where it is needed. What is lacking is the political will to make it happen. No lover of God, the creator of the world, could possibly live comfortably with these sad facts. In the name of our loving God, we have to respond.

By ourselves we cannot change the world, but we can control our own lives - and we can respond by being content with having enough. Always straining for more of everything isn't good for us, our families, our society or our world.

QUESTION

Are you content with having enough?

PRAYER

Lord God, thank you for the way in which you perfectly provide for my needs. Help me to enjoy what you have given me and not to be forever straining to acquire more.
Amen