

“But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that.”

Living in Zambia for many years has changed the way I view both possessions and contentment. I have had the privilege of knowing people who have very little by the world's standards, yet somehow live with incredible joy, generosity, and gratitude.

I have watched families make a meal stretch much further than I thought possible. I have seen things repaired, reused, and repurposed instead of immediately replaced. I have seen people freely share from the little they have. And through it, God has continually challenged my own definition of “enough.” Frugality is not simply about spending less money. I believe it is learning to be a good steward of what God has placed in our hands while refusing to believe that having more will make us more content.

Living in Zambia has exposed areas in my own life where convenience, comfort, and possessions had become expectations rather than blessings. It has taught me to waste less, appreciate more, and ask myself, “Do I really need this?”

Paul reminds us that we entered this world with nothing and will leave it the same way. Food and clothing—our basic needs—are enough for contentment when our true treasure is Christ.

Frugality becomes much easier when contentment takes root. When I recognize that what I have is already a gift from God, I become less focused on what I lack and more grateful for what He has already provided.

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