When was the last time you met someone who was truly content and at peace with the world?

There are many such people! They usually got the wisdom to be that way by learning from the experiences of an active spiritual life. They have discovered a sense of inner peace and contentment. But many folks eat their hearts out, suffering from the contagious "If Only" disease. Its germs infect every slice of life:

- If only I had more money
- If only we owned a nicer home
- If only I hadn’t come from such a bad background
- If only my child were able to walk
- If only we could have children
- If only we didn’t have children
- If only the business could have succeeded
- If only I would’ve said "No" to drugs
- If only I hadn’t had that accident
- If only we could get back on our feet
- If only people would accept me as I am
- If only my folks hadn’t divorced
- If only I had more friends

The list is endless. Woven through the fabric of all those words is an attitude that comes from the simple choice to see the negative side of life, the choice to be unhappy about almost everything that happens. Taken far enough, it leads to the dead-end street of self-pity – one of the most distasteful and inexcusable of all attitudes. Contentment, on the other hand, comes from another one of those simple choices, one that doesn’t allow ourselves or others to listen to our list of woes. We simply choose to create a different kind of list – a positive one – for if we don’t people won’t stay around us very long. Discontented souls soon become lonely souls.

– Charles Swindoll