



Is Enough Enough?

Still yourselves and pray for courage and honesty. Share something of your habits of collecting things.

When is enough enough?

The prevalent idea in our society is that more is better and therefore the temptation is to cram as much into one's life as possible. Our lifestyle tends to increase steadily to use up all our available resources and more.

Because it happens so slowly, one tends not to notice the changes, but they are substantial and are usually very difficult to reverse.

This happens because a lot of emphasis is focused on what we do not have rather than 'looking back' at all that has been gained and achieved. We may have accumulated many things and come far materially, but a few things or even one thing that we do not have can destroy the pleasure in all we have and become a powerful magnet. It is the old story of the grass being greener on the other side.

This applies equally to people. So many potentially good marriages are destroyed because of the attraction of what one may not have.

So, where does one stop with the process of acquisition?

- How much is enough and how much are we paying for it all?
- Where is the bulk of our money and time spent?
- When do we begin to put less effort into the material and more into relationships?

The wealthy man who tore down his barns to build bigger ones was called a fool because he had collected much, but was not rich towards God. (Luke 12:15–21)

Having desires for what one does not have is one thing; being dominated and obsessed by them is another. We have the choice, however hard it may seem.

Exercise

Look at change in your lifestyle over the past 10 or more years.

- How has it changed?
- Are you any happier?
- How much effort has it taken in these 10 years to get all you have?
- Compare this with the time you've given to relationships.
- How have your relationships changed over this time? (Look at your long-term as well as the short-term relationships.)

Journal and share as appropriate.

End with a prayer of gratitude for all you have and for the courage to leave what you don't need.

At home this week, continue the exercise and work through the issues with God.



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