

“Enough is as Good as a Feast”

The title comes from the popular movie, “Mary Poppins.” The children were allowed to use Mary’s wonderful magic to straighten their cluttered bedroom. When everything was put away they wanted to use more magic. Mary Poppins declared in her matter-of-fact tone, “Enough is as good as a feast.” It is a simple statement that encourages contentment. Though quite charming and clever, Mary Poppins did not originate this teaching. In rather graphic language Solomon made an equally memorable declaration:

**Have you found honey?
Eat only what you need,
Lest you have it in excess and vomit it.
--Proverbs 25:16**

Making this teaching understandable to a young child, my dad would say, “Too much of anything is bad for you.”

For some people this instruction needs to be applied directly to eating: Eat enough, then stop. The solution to our nation’s new favorite health issue (obesity) is not government control, but self-control. People need to learn contentment; parents need to teach contentment and self-discipline.

The instruction can be applied much more broadly. How many pairs of shoes does a person really need. How many pairs of pants? How many shirts? How many dresses?

Have you ever looked into a closet literally full of clothing and said to yourself or a family member, “I have nothing to wear.” The clothing you bought last year is distasteful to you now. Isn’t that somewhat parallel to the one who has *eaten honey in excess*?

Have you looked around your house and seen all the ‘knickknacks’ and accessories and hangings and then felt aggravated by all the clutter in your spare bedroom / basement / garage? The clutter is made up of *yesterday’s* ‘knickknacks’ and accessories and hangings. Excessive.

It is also the tools, sports/fishing equipment, entertainment equipment, and the assortment of supplies that accompany each.

This is not some kind of dart being thrown at changing times or owning possessions. I simply want us to think about contentment.

Signs of discontentment may be sagging around your waist or cluttering your house. Be honest, are you content?

Contentment is found in a realistic view of a life that recognizes God’s purpose. Discontentment is often the result of selfish desires, weak faith, and/or an unrealistic view of life.

We would do well to stop listening to the marketing message of man: “Indulge.” (In general, the marketer is not really interested in putting shoes on your feet, but taking money from your pocket.) Place a high value and sharp focus on God’s instruction and his promises.

And by the way, it’s OK to throw out that broken appliance, worn out chair, outdated wall hanging, and beat up set of golf clubs. *Stuff* never really fills the void in your life, only the void in your house.

Be wise. Be content.

Mark Stinnett