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Christian Contentment BFL 2018: Week 11 Practical Steps to Attain and Protect Contentment

Paul

Philippians 4:11-13 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who strengthens me.

Jeremiah Burroughs

Definition: Christian contentment is that sweet, inward, quiet, gracious frame of spirit, which freely submits to and delights in God's wise and fatherly disposal in every condition.

Last week: Contentment and Suffering ... and... Contentment is NOT Complacency

This week: Practical Steps

- I. A Skill to Be Studied; a Battle to be Fought
 - A. Like any skill... this is something that can be learned
- Jeremiah Burroughs: "It is possible if you get skill in the art of it; you may attain to it, and it will prove to be not such a difficult thing either, if you but understand the mystery of it. There are many things that men do in their callings, that if a countryman comes and sees, he thinks it a mighty hard thing, and that he should never be able to do it. But that is because he does not understand the art of it; there is a twist of the hand by which you may do it with ease. Now that is the business of this book, to open to you the art and mystery of contentment."
- Q: How could consistent Christian contentment in any and every situation be compared to a skill that a craftsman or artist displays in their craft?
 - B. A Battle to be Fought
 - 1. Paul said that the secret of abiding Christian contentment is strength from the Lord

- Philippians 4:12-13 I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do everything through him who gives me strength.
 - 2. The image of strength implies a struggle, a battle, even a warfare to be waged
 - 3. This fits into the image of spiritual warfare taught in Ephesians 6
- Ephesians 6:10-13 Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.
 - a. Notice that Paul begins with the same image: STRENGTH FROM THE LORD
 - b. Paul also asserts that our struggle is against Satan and his demons
 - c. The repeated image is "take your stand" or "stand your ground"
 - d. Two of David's mighty men "stood their ground" in a battle showing great courage
- 2 Samuel 23:9-10 Next to him was Eleazar son of Dodai the Ahohite. As one of the three mighty men, he was with David when they taunted the Philistines gathered at Pas Dammim for battle. Then the men of Israel retreated, 10 but he stood his ground and struck down the Philistines till his hand grew tired and froze to the sword. The LORD brought about a great victory that day. The troops returned to Eleazar, but only to strip the dead.
- 2 Samuel 23:11-12 Next to him was Shammah son of Agee the Hararite. When the Philistines banded together at a place where there was a field full of lentils, Israel's troops fled from them. ¹² But Shammah took his stand in the middle of the field. He defended it and struck the Philistines down, and the LORD brought about a great victory.
- Q: How is defending consistent Christian contentment a subset of spiritual warfare?
- Q: How could it be likened to defending a walled fortress which is under siege? How is Satan like a "contentment thief" who comes to assault our contentment and plunder it from us?
- John 10:10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.
 - 4. A consistently content Christian is displaying amazing strength, like that of a WARRIOR
- Proverbs 16:32 Better a patient man than a warrior, a man who controls his temper than one who takes a city.

- II. Outliers: 10,000 Hours of Practice
 - A. Malcolm Gladwell: Outliers
 - 1. What does it take to perfect the craft?
 - 2. Studied geniuses in various fields: computers, music, sports
 - 3. Natural ability was important
- Track Coach Sam Mussabini in "Chariots of Fire": "We have an old saying in my business: you can't put in what God's left out."
- In other words, without the talent, no amount of training and coaching will make someone a gold-medal winning sprinter.
 - 4. But: just as important—10,000 hours of practice
 - 5. Insight: 10,000 hours is a TON OF TIME
 - a. Unique circumstances that enabled the hours to be put in...
 - b. Parents to get up early in the morning to drive an ice skating prodigy to practice at 5 in the morning
 - c. Getting 10,000 hours in on computer programming (Bill Gates) or golf (Tiger Woods) or violin (Joshua Bell) takes highly unique circumstances to make it happen
 - B. Most Helpful for Christian Contentment: 10,000 hours of "any and every situation" are guaranteed and require no special orchestration by us
 - C. God has a providential set of training exercises already lined up for us EVERY SINGLE DAY
- Ephesians 2:10 For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.
- Romans 8:28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.
- Matthew 6:34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.
- Hebrews 3:7-8 as the Holy Spirit says: "Today, if you hear his voice, 8 do not harden your hearts as you did in the rebellion, during the time of testing in the desert..."
- Q: How does being content in average, ordinary daily trials and minor issues help get us ready for larger trials and circumstances?
- Luke 16:10 Whoever is faithful in very little is also faithful in much, and whoever is unrighteous in very little is also unrighteous in much.

III. Daily Spiritual Disciplines

- A. Daily Quiet Time
 - 1. Following Christ's example... early in the morning
- Lamentations 3:23 God's "mercies are new every morning."
- Mark 1:35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.
- Q: What are the advantages of an early morning quiet time?
 - 2. Central acts of a healthy quiet time: prayer and scripture
- Romans 12:1-2 Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God-- this is your spiritual act of worship. ² Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-- his good, pleasing and perfect will.
- Psalm 119:105 Your word is a lamp to my feet and a light for my path.
- Psalm 119:133 Direct my footsteps according to your word; let no sin rule over me.
- Psalm 119:147 I rise before dawn and cry for help; I have put my hope in your word.
- Psalm 119:165 Great peace have they who love your law, and nothing can make them stumble.
- Q: How is a combination of scripture and prayer vital for attaining Christian contentment?
 - 3. George Mueller
- The first great and primary business to which I ought to attend every day was, to have my soul happy in the Lord. The first thing to be concerned about was not, how much I might serve the Lord, how I might glorify the Lord; but how I might get my soul into a happy state, and how my inner man might be nourished. For I might seek to set the truth before the unconverted, I might seek to benefit believers, I might seek to relieve the distressed, I might in other ways seek to behave myself as it becomes a child of God in this world; and yet, not being happy in the Lord, and not being nourished and strengthened in my inner man day by day, all this might not be attended to in a right spirit.
 - 4. This is the citadel of contentment that you will defend for the rest of the day: your "happy state in Jesus"
- Q: Why is it vital to get your heart into a "happy state" in the Lord before you seek to serve the Lord?

- Q: How does it relate to this passage?:
- 1 Corinthians 13:1-4 If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. ² If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. ³ If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing. ⁴ Love is patient, love is kind. I
 - B. Memorize Scripture
 - 1. Christ used scriptures to fight off the temptations of Satan in the desert
 - 2. This one is especially helpful
- Matthew 4:3-4 The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." ⁴ Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"
 - 3. This passage shows the power of hiding God's word in our heart to fight off sin
- Psalm 119:9, 11 How can a young man keep his way pure? By living according to your word.... I have hidden your word in my heart that I might not sin against you.
- Q: How could scripture memorization help us maintain Christian contentment in the midst of various challenging situations throughout daily life?
 - C. Delight in Christian Contentment
 - 1. Review the various ways that Christian contentment is an excellent state of soul... how it maximally glorifies God, how it exercises our Christian graces (like faith and humility), how it prepares us to receive more grace from God, how it enables us to serve God with excellence, how it makes us difficult to tempt, how it makes us radiant in hope
 - 2. Set your heart on it and delight in it and yearn for it as a top priority of the day

Ponder this quote from John Piper on the heart's desires:

- The heart is a desire factory. The human heart produces desires as fire produces heat. As surely as sparks fly upward, the heart pumps out desire after desire for a happier future. The condition of the heart is appraised by the kinds of desires that hold sway. Or, to put it another way, the state of the heart is shown by the things that satisfy its desires. If it is satisfied with mean and ugly things, it is a mean and ugly heart. If it is satisfied with God, it is a godly heart.
- Q: How would the daily (even hourly) quest for Christian contentment be a powerful force for the transformation of your soul into Christlikeness?
 - D. Disgust for Complaining
 - 1. This is the opposite of the previous point

- 2. We should charge up our hearts with a strong distaste for any kind of complaining at all
- 3. We should review the way that God says he hates complaining; how it shows a rebellious heart, how it ruins opportunities for witnessing and service to God
- E. Search Me, O God
- Psalm 139:23-24 Search me, O God, and know my heart; test me and know my anxious thoughts. ²⁴ See if there is any offensive way in me, and lead me in the way everlasting
 - F. Confess All Known Sins... especially of discontentment:
- 1 John 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.
 - G. Renew the Sense of God as your Treasure:
- Psalm 73:21-26 When my heart was grieved and my spirit embittered, ²² I was senseless and ignorant; I was a brute beast before you. ²³ Yet I am always with you; you hold me by my right hand. ²⁴ You guide me with your counsel, and afterward you will take me into glory. ²⁵ Whom have I in heaven but you? And earth has nothing I desire besides you. ²⁶ My flesh and my heart may fail, but God is the strength of my heart and my portion forever.
 - H. Ask for Contentment Right Now
 - I. Pray for Others to be Content
 - J. Put on Spiritual Armor
- Ephesians 6:14-18 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests.
 - K. Get Ready to Fight All Day Long
- IV. Long-Term Meditations
 - A. Review topics for meditation
- Eternal Perspective: Like Moses on the hill overlooking the battle against the Amalekites (Ex. 17:10), so also this battle is best fought from a lofty perspective that of eternity. Every bitter trial and sweet earthly blessing shrink into insignificance when seen from an eternal perspective. Ask the Lord to renew in you a vision of your own ongoing salvation, how God is preparing you as a vessel of glory to shine forever and ever. Often meditate on the brevity of life, the glories of heaven, the perfect pleasures that will be ours in the New Heaven and New Earth. "Set your hearts on things above, not on earthly things." (Col. 3:2) Remind yourself again and again of Paul's evaluation, "I

consider that our present sufferings are not worth comparing with the glory that will be revealed in us." (Rom. 8:18) Feed often and deeply on the truth that "this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison." (2 Cor. 4:17)

- The Mystery of Providence: Go back over the chapter on providence earlier in this book.

 Remind yourself that the tiniest details of everyday life are carefully orchestrated by the eternal wisdom of God for your final salvation. This extends to the darkest and most twisted plots of Satan and people, for what they mean for evil, God intends for your eternal good. (Gen. 50:20) Look on every day as an adventure in providence, in which the skillful hand of the Master is using both bitter and sweet, hard and soft, shrill and melodious, extreme and moderate to shape you and mold you into the image of Christ. The "Grand Complication" of Providence involves so many tiny and intricate parts whose composition, geometry, and mechanical purpose will never be clear to you on this side of eternity.
- The Certainty, Benefits of Suffering: Remember the inevitability of suffering... Jesus said "In this world you will have trouble." (Jn. 16:33) "Temptations are sure to come." (Mt. 18:7) "Everyone who desires to live a godly life in Christ Jesus will be persecuted." (2 Tim. 3:12) So, temptations and trials are inevitable. They are also beneficial. We should consider it pure joy because trials produce spiritual maturity. (Jas. 1:2-4) They also give assurance of salvation to those who endure trials with joy.
- Romans 5:3-5 Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; ⁴ perseverance, character; and character, hope. ⁵ And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.
- <u>Preparation for Extreme Suffering</u>: Prepare yourself ahead of time for extreme suffering. Do not act like it is some strange thing you are going through
- 1 Peter 4:12 Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you.

It would be helpful to take an inventory of all the most precious physical aspects of your life and entrust them to God... not in any anxious way, but saying "Everything I own is yours, to use for the Kingdom. Please prepare me for any extreme suffering you may call me to endure. Help me not to act as though you had no right to take it from me."

Subtract from Your Earthly Desires: Expect less in the world. Carve your desires down to meet what the Lord has said all godly people should seek and desire ("Seek first his Kingdom and his righteousness, and all these things will be added to you as well." Mt. 6:33; seek God's face, seek holiness, seek the souls of others, seek to bless others, seek to care about the advance of the gospel to the ends of the earth, seek to store up treasure in heaven. Expect to be an "alien and stranger" in this world (1 Pet. 2). Don't expect an easy, comfortable trip to heaven when so many of our brothers and sisters around the world are being savagely persecuted.

- Add the Burden of a Sense of Your Sin: Ask God to give you an ever-increasing sense of the "10,000 talents" that you owed because of your sins, how you deserve to be condemned for those sins, how you still commit sins every day. This is essential to a quietness under the hand of God, and a limitless sense of the atoning work of Christ... what it cost him to stand under the wrath of God for you. The more you sense your debt that was paid, the happier you'll be in life and the more love you will show to Christ.
- Luke 7:41-43 "Two men owed money to a certain moneylender. One owed him five hundred denarii, and the other fifty. ⁴² Neither of them had the money to pay him back, so he canceled the debts of both. Now which of them will love him more?" ⁴³ Simon replied, "I suppose the one who had the bigger debt canceled." "You have judged correctly," Jesus said.

Luke 7:47 he who has been forgiven little loves little.

Greatness of God's Present Mercies: "Praise the Lord, O my soul, and forget not all his benefits." (Ps. 103:2) "Every good and perfect gift is from above, coming down from the Father of the heavenly lights." (Jas. 1:17) Recount all the many lavish ways that God blesses you every single day... all the little and big gifts of his grace: food, clothing, shelter, family, myriad possessions, experiences... not to mention all the blessings of the gospel that surround you every day: indwelling Spirit, Bible, church fellowship

Insignificance of Worldly Blessings: Along with the previous meditation, we should consider how insignificant are the temporal blessings of this world, even those we *do* receive! We should put God's weighty blessings on one side of a balance, and all the world's pleasures, possessions, positions, and privileges on the other. Isaiah said the nations are a drop from a bucket and dust on the scales. (Isa. 40:15) Jesus said that the whole world was worth less than your soul. (Mt. 16:26) The pagans run after physical needs and luxuries, and when they get them, they are never satisfied. Consider how lightweight these earthly blessings are when compared with the weighty glories of Christ! This meditation has great power for your contentment. John Newton likened it to a man going to London to inherit a vast sum and on the way, his carriage wheel was shattered. Imagine if he dismounted and trudged the last mile to London muttering, "My carriage is broken! My carriage is broken!" A friend joining him on that trip could well slap the man for his short-sighted foolishness. How must we look to the angels as we make our complaining way to heaven muttering about earthly blessings we covet and never receive.

V. Special Projects

Study the Heroes of Church History: Hebrews 11 catalogs the "Hall of Faith," men and women whose lives of faith stand as timeless examples for those who would run the Christian race after them. They are "those of whom the world was not worthy." (Heb. 11:38) They wandered in deserts and mountains, in caves and holes in the ground. They were poverty-stricken and persecuted. The annals of the church since the days of the apostles has continued this record. Study those who braved the terrors of barbarian tribes to bring them the gospel. Study those who crossed snow-clogged mountain passes to reach a new people in the valley beyond. Study the imprisonment and execution of the

Roman martyrs, the courage of those who cared for the sick during the Black Death, the boldness of Luther at the Diet of Worms, the endless and painful illnesses of John Calvin, the self-sacrificial courage of women like Gladys Aylward, Amy Carmichael, and Elizabeth Elliot. Zero in especially on how they suffered and what they said about it; how God overcame Adoniram Judson's depression after the death of his wife and daughter in Burma. Realize the dark and light threads of providence that God has woven for twenty centuries. As you compare your life to theirs, be humbled, be convicted, and be inspired. Their stories should make us ashamed to complain of minor afflictions, or even major ones. And they will teach us how to act when it is our turn to shine.

- Study the Persecuted Church: Some of these stories are unfolding in our time as well. We have much continual information available about the persecuted church in various places in the world, of brothers and sisters in Muslim and Communist nations who are imprisoned or beaten for their faith by government officials. We also know of places in North and East Africa where lawless bands of Muslims roam around burning churches and slaughtering Christians. Go to the websites of ministries like Voice of the Martyrs, Persecution Project, and Open Doors to learn more. Let their accounts move you to prayer and action. Let them also humble you and make you less likely to complain.
- Pray for the Spread of the Gospel to Unreached People Groups: Beyond merely studying church history and the persecuted church, immerse yourself more and more in the cause of the spread of the gospel to the unreached peoples of the world. Though you may not be called to go as a career missionary yourself, you can and should "hold the ropes" for those who are. This involves adopting some missionaries as a focus; reading their prayer letters, communicating regularly with them (email, Skype, other instant communication apps). Your increased sacrifice for the global cause of Christ will help you grow in Christian contentment as you care less and less about the frivolous things of modern Western culture.
- <u>Fast Periodically from Specific Worldly Pleasures</u>: Fasting is a powerful discipline to expose idolatries of the heart. Paul says of all lawful pleasures, "I will not be mastered by any of them." (1 Cor. 6:12) How can we tell if some worldly pleasure has gained mastery over our souls, thus opening up a bleeding wound in our contentment? Fasting is a prime diagnostic, and a powerful remedy. And though we usually think of fasting as only in reference to food, we can fast from Netflix, NFL games, golf, recreational shopping, specific comfort foods (chips, ice cream), social media, video games, and other such things. Spend the freed-up time in reading and prayer for supernatural contentment in your soul.
- Get Involved in New Ministries that Will Stretch You: There are many ministries which have tremendous power to stretch your faith and cause you to grow in godliness. The more challenging they are to your "creature comforts" and worldly concerns, the better they can purge you of discontent. Get involved in prolife causes, including working with crises pregnancies. Or join a ministry that helps regions affected by natural disasters (hurricanes, earthquakes, tornadoes, tidal waves). Or go on a short-term mission trip to an impoverished third-world city, like Port-au-Prince, or Bangladesh. Or get involved

in the refugee crisis by helping at a resettlement center in Europe or the Middle East. These experiences have transforming power, enabling you to rub shoulders with Christian brothers and sisters who are further along in Christian contentment than you are. You will learn how much of the world suffers, and that the bubble of protection afforded by our wealth is unreal and not conducive to the development of true Christian contentment.

- <u>Seek Avenues of Service That Are Thankless</u>: Every church or ministry has servant roles that will afford almost no spotlight. Regularly embrace these kinds of service. Learn to serve thankless people, developing a remarkably mature ability to derive secret joy from pleasing an invisible Lord with not a single earthly reward.
- Visit the Sick and Dying; Comfort the Bereaved: Ecclesiastes 7:2 says "It is better to go to a house of mourning than to go to a house of feasting, since that is the end of all mankind, and the living should take it to heart." It is certainly a much more powerful lesson in Christian contentment, to minister day after day to a dying person, than to go to a series of vapid parties celebrating the success of some sports team. As we look into the shockingly changing visage of a dying person, a person we once knew as robust and active as we are now, it is a sobering lesson in the future all of us will have in the grave. The selflessness that comes from meeting the incessant bodily needs of a bedridden loved one is a supernatural stroke from the Master Sculptor on our souls. So also to go to a funeral, to look into the lifeless face of the corpse, our faithless views of life in this world will lose their power. So also hearing the sobs of the family as they recount the many ways this woman or man blessed their lives, we realize how brief is life in this world. As I have stood to do so many funerals, and realize how impossible it is to capture a life in a few words of eulogy, I understand that all that really matters is praise from the Lord in heaven: "Well done, good and faithful servant!" (Mt. 25:21)
- When a Financial Windfall Comes, Give More Than Ever: Randy Alcorn said that God may well give us extra money (either in a raise, or a bonus, or an inheritance, or a refund) not to increase our standard of living but our standard of giving. Wealth is often an idol, and devastating to true Christian contentment. When extra money comes, pray about giving more of it away than you ever dreamed you would. Let regular patterns of sacrificial giving be a weapon to kill the love of money that is the root of all kinds of discontentment. (1 Tim. 6:10)
- Seek Accountability and Prayer Support for Contentment: Ask your spouse, your children, your parents, your pastors, your small group members, your accountability partners, your discipler/disciple, your fellow church members, your Christian coworkers two questions: 1) How do you see any regular patterns of discontent in my life? 2) Will you pray for me to grow in Christian contentment in any and every circumstance?
- Make Contentment a Regular Feature of Family Life: As we've already noted, it is vital for husbands and wives to be deeply content with each other, lest they stray into infidelity. Guard your hearts in your marriage; pray with/for your spouse in this area. Also incorporate lessons of Christian contentment in your regular family devotions with your kids and as you meet with your kids for discipleship.

- Read Books on Contentment, Providence, Suffering: The Jeremiah Burroughs book we've used as a guide throughout this study is one of many Puritan paperbacks put out by Banner of Truth Trust. Read Burroughs's book, as well as the similar study by Thomas Watson, The Art of Divine Contentment. Also study such titles as Watson's All Things for God, and John Flavel's The Mystery of Providence. On the issue of pain and suffering, Richard Sibbes's Bruised Reed, and C.S. Lewis's The Problem of Pain are helpful. John Piper's Desiring God is the best overall book on seeking pleasure in God that I've ever read.
- Beware of the Danger of Continual Internet Accessibility: Every generation of Christians has had to fight Satan's complex masterpiece, "the world" (1 Jn. 2:15-17), with its lusts, allures, praises, pleasures, and values. But the digital age we live in has generated some powerful electronic tools to deliver worldliness to our eyes every single instant. Beware that your smartphone, tablet, and other electronic toys are not tools of Satan to work constant discontentment in you. These devices are showing a terrifying power to make us restless, with very short attention spans, and impatient. They make us long for things we cannot have, and show us incessant images of things that may well already be idols for us. Ask the Holy Spirit to show you how your electronic devices are making you discontent.

VI. A Lifetime Pursuit

Jeremiah Burroughs ends his book making this point: Christian contentment is very hard to win. He said it is easier to preach sermons on it (or write books about it) than to actually learn it and live it. He compared it to the difficulty of bridling the tongue, that James says is evidence of being a perfect man. (Jas. 3:2) Burroughs wrote of a man who fixed his soul on one verse of scripture, Psalm 39:1 "I will take heed to my ways, that I sin not with my tongue." That man focused on it every single day, and later testified, "I have been these thirty-eight years learning this lesson, and have not yet learned it thoroughly." Burroughs said that, as difficult as that lesson may be, this is even harder.

As hard as it is, and as costly as the tuition into Christ's school of contentment is, few subjects of the Christian life will pay as many sweet dividends, both in this life and the next. It is worth it to pursue this rarest of jewels for the rest of your lives, dear friends, and to see how God uses you to speak hope to the hopeless of this world. When you display a practiced skill and supernatural strength of Christian contentment in any and every circumstance, you will be infinitely wealthy in eternity and lead a host of transformed people into heavenly glory behind you.