

Contentment is learning to be okay with what you have.



DAY 1

Read Psalm 37:3-4

What do you really want?



Draw A Picture

Set a timer for one minute and draw a picture of your answer in the box:



What did you draw? Is it something you can buy at a store?

This month is all about contentment, learning to be okay with what you have. When we think about what we have, we tend to think about our “stuff.” But contentment is about more than things you can buy or own. Contentment is really about trust! When you trust God to provide for you and choose to do good in the world around you, you’ll want what God wants. His desires will become your desires. Remember, God can help you be content, with or without what you drew in the box.

DAY 2

Read John 4:13-15

Have you ever been really thirsty? When you’re thirsty, what do you need? Water!

Jesus wasn’t talking about water you drink. Jesus was talking about living water. Because of Jesus, we can have a friendship with God here on earth and forever with Him. We won’t be “thirsty” or sad because when we put our trust in Jesus, we can be completely at peace, full of contentment.



Water Relay Game

1. Grab two buckets, some tape, and a sponge. Fill one bucket with water and place on one side.
2. Stick a piece of tape on the outside of the second bucket, about an inch from the bottom and place it several feet from the first bucket.
3. Soak the sponge with as much water as you can from the water bucket then run to the second bucket and squeeze out the water. Repeat until you’ve filled the bucket to the tape line.
4. For an extra challenge, ask an adult to start a timer to see how long it takes you. Then go a second round to try to beat your time.

DAY 3

Read Proverbs 19:23

Have you ever played “Follow the Leader?” See if your younger sibling or a younger kid on your block is available to play but let the younger player be the leader, not you.

Was it hard to follow someone younger than you? Were you tempted to take over?

Maybe you’ve never thought about it before but one big secret to contentment is recognizing who God is. He is the maker of all things, the only one powerful enough to control the wind and the waves. Having respect for God and following Him will always lead to peace and contentment.

This week, if you find yourself feeling less than “okay” with what you have, stop and talk to God. Tell Him why He’s awesome and ask God to help you trust and follow Him each day.

DAY 4

Read Proverbs 28:25

We’ve been learning this week that God can help us be content. Today’s verse reminds us that wanting more and more and more stuff only causes more and more and more trouble. Because stuff doesn’t really make you happy or bring peace. Think about last Christmas. What was your favorite gift you received? That was ten months ago. Do you still play with that toy or ride that bike? Do you wish you had a newer, shinier version?

Stuff wears out. That’s why focusing on more and more stuff will never really make us happy. It just stirs up trouble. But trusting God to provide for you will always lead to success. When you find yourself wanting more and more, stop and ask God to help you trust Him to be content.

Have you ever helped cook dinner or baked a cake with your mom or dad? Select a recipe that requires stirring and ask a parent if you can make together. As you cook alongside your Mom or Dad, share this verse and talk about what it means.



God can help you
be content.

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DAY 1

Read Hebrews 13:5

Can you imagine a king, with ultimate power and authority, pouting on his bed like a preschooler? That's exactly what King Ahab did. His love for stuff and wanting more led him to say things and do things that got him into big trouble. If only he'd learned to be content.

Remember, contentment is learning to be okay with what you have. Notice the word "learning." This is something you have to practice! Every time you find yourself pouting or complaining like King Ahab, stop and think about where that behavior might lead. Because wanting more and more can make you miserable.

With a parent's permission, grab all the remote controls in your home, along with a pen and some masking tape. Write today's verse in your own words on separate pieces of tape and stick them to each remote control. Every time you use a remote this week, read the verse as a reminder not to be controlled by love for money or stuff but to be okay with what you've got!

DAY 2

Read 1 Timothy 6:6

The problem with wanting more and more is wanting more and more leads you to feeling like you never have enough. There's always the newest, shiniest, better, cooler thing right around the corner. **This kind of thinking only leads to DIScontentment.**

So maybe our focus should shift. What if we put all that "I really want it" energy into doing the right thing? 1 Timothy tells us that we can gain a lot by living a godly life. When our focus is on trusting God and making choices that honor Him, we'll start to see that stuff doesn't really make us happy. Loving God and loving others always leads to strong relationships.

To learn today's verse, let's play a game called "Gotcha!" Grab a sibling or friend. Read the verse together a few times. Then, read the verse aloud to your partner leaving out ONE word. As soon as your partner catches the mistake, they should yell "GOTCHA!" Then quote the verse correctly together. Switch roles and play again!

Read Proverbs 21:26

Is it hard for you to be generous? When you have one cookie left and both you and your brother call dibs, what do you do?

When it comes to being okay with what we have, it's super important to start with generosity. Because when you are generous, it's impossible to hold on to what you have. You can't keep wanting more and more when you're generous and choose to share!

Here's a little generosity challenge. For the next 24 hours, whenever someone asks you to share or help, say, "YES!" Choose to be generous with your stuff and with your time. Give without holding back as our verse teaches and watch your contentment grow.

Read Proverbs 23:4-5

When you think about what you have, you probably immediately think about stuff. There's stuff in your closet, stuff in your dresser, stuff under your bed or in your backpack. Sometimes we have so much stuff that we don't even remember what we have!

Wanting more and more can make you miserable because all that stuff doesn't last. God wants you to be okay with what you have so you can find contentment. When you find yourself wanting more stuff, picture a big pile of money. Then imagine that pile of money sprouting wings, becoming an eagle and suddenly flying away!

Fun Eagle Facts!

Unscramble the words below as you read!

Bald eagles can be found in all 50 states except

.....
A I A I W H

The bald eagle has a wing span of over

..... feet!
I X S

Did you know that even eagles like to play? Bald eagles sometimes toss or pass

..... to each other in the air!
T I S C K S

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DAY 1

Read Proverbs 14:30

Jealous means feeling resentment, bitterness or hostility toward someone because they have something you don't. We can be jealous of something someone else has that we want or something they've achieved that we haven't. Always looking at what others have will never lead to a life of contentment. Jealousy leads to rot!

Create a Rot Museum. Grab some of the following foods: avocado, apples, carrots, wheat bread, lettuce, and a banana. You'll also need a jar with a tight fitting lid for each item. Cut a slice of each one and place them in separate jars, sealing the jar tightly. Place your jars near a window and observe your items for one whole week.

Which items rot faster?

At the end of the week, take the items to the outside trash, wear a mask if you have one to help with the smell, and discard.

When you find yourself feeling jealous about what someone else has, think about those rotten banana or apple slices. Ask God to help you find contentment so you have a peaceful heart instead.

DAY 2

Read Luke 12:15

In our Bible story this week, we talked about the complaining Israelites. Even though God had rescued them from slavery and literally rained down food from the sky for them to eat, they still weren't happy! They wanted to go back to Egypt, where they were forced to work for hours and hours for no pay with no freedom.

If we're not careful, we can be just like those Israelites! We can quickly forget all that we do have if we choose to spend all our time thinking about what we don't! If you find yourself complaining about something you want, what if you stopped and thanked God for all He's given you?

Write out the words of the verse on several index cards. Stick them in a zip top bag and hide them somewhere in your house. We've given you a few silly ideas below. Grab a family member and lead them to the room where you've hidden the cards. Play "Hot or Cold" until the cards are found. Work on putting the verse in order, read it aloud and then play again, allowing the family member to hide them the second time!

Under your mattress; In the freezer or fridge; Behind a picture in a picture frame

DAY 3

Read Matthew 6:31-33

Do you know what “worry” is? To worry means to be anxious or uneasy about something that may or may not happen. Did you know it’s impossible to be content or okay with what you have if you’re worried all the time? God doesn’t want that for you. God knows what you need and He has promised to provide for you. So instead of holding onto whatever it is you’re worried about, God wants you to trust Him.

Write down the things you’re worried about on strips of paper. When you feel that worry bubbling up, reread today’s verse. Then grab that slip of paper and rip it in half. Ask God to help you trust Him and put His kingdom first by doing what He wants you to do.

DAY 4

Read James 1:17

When it comes to contentment, it’s important to stop and think about all the blessings God has given you. It starts with gratitude! If we’re always focusing on what we don’t have, contentment will be impossible! And because all good things come from God, it’s important to stop and tell God thank you.

Set a timer for one minute. Grab a piece of paper and pencil. Start the timer and make a “good things” list. These good things can be actual things like your bike or your new pair of sneakers. But they can also be people or pets or talents or abilities God has given you. For one minute, write down as many things as you can!

Because every good thing comes from God, we need to practice saying, “Thank you!” Go down your list one item at a time and thank God for every good thing He’s given you.

Don’t miss out on what you have now.



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DAY 1

Read Luke 3:10-11

Grab a timer and head to your room. Set the timer for 30 seconds and grab as many things from your room as you can. You can grab socks, toys, books, stuffed animals – whatever you can find! Pile it all on your bed. Ready? 30 seconds on the clock.... Go!

According to Luke, what should we do with our extra? Yes, share. One big secret to being content with what we have is looking at our stuff in a different way. Take a look at the pile of stuff on your bed. Instead of thinking, “This is my stuff” what if you thought “How can I use my stuff to help others?”

Set a timer for two minutes. Then, pick up each item and name one way you could share or use that item to help someone else. You can even name specific people you want to help. **Ready? Go!**

Even if you don’t think you have much, there is always something you can share. Even if it’s just your time. When someone needs help, use what you have to help! (Now, help out your Mom and Dad, set another timer for 1 minute and put ALL that stuff back where it goes!)

DAY 2

Read Acts 20:35

What’s better? Circle your answer below

- | | | |
|-------------|----|--------------|
| Chocolate | or | Vanilla |
| Baseball | or | Basketball |
| Hot weather | or | Cold weather |
| Mountains | or | Beach |
| Giving | or | Receiving |

We’ve been talking about contentment or learning to be okay with what you have. Paul wrote these words to the leaders of the early church. Once he put his trust in Jesus, Paul traveled all over, teaching people about Jesus and starting churches along the way. You’ve probably heard about Paul before.

But did you know that Paul was a tentmaker? He continued in this work so that he could support himself and could help others in need? Paul understood that wanting more, getting more, holding onto more wasn’t the goal! Jesus tells us it’s better to give than to receive.

Do you agree that it’s better to give or receive? As you pray today, ask God to help you focus on giving instead of getting so that you can practice being content.

Read Matthew 5:42

Pretend there's this kid in your class. We'll call him Forgetful Fred. Forgetful Fred earned that name because he's always forgetting stuff. Every day, he asks someone if he can borrow some paper, or an eraser, or a brand new box of colored pencils.

One day, you're at the store and you find this cool two pack of mechanical pencils. You buy it with your own money and stick it in your backpack. But when you sit down at your desk the next day, there's Forgetful Fred, right in your face, eyeing the second pencil and asking to borrow it.

What do you do? Sure, you have two pencils but what if you lose one? Then you'd really need it, right?

Not so fast. Read today's verse again. When you have something someone else needs and have the ability to share, you should. When someone asks to borrow something, even if it's Forgetful Fred, you should say, "yes."

Grab a piece of paper and a pencil. Draw a picture of Forgetful Fred holding a pencil. Write out the words of today's verse at the bottom of the page as a reminder to be willing to use what you have to help someone else.

Read James 1:5

All week long, we've been learning to use what you to have to help someone else. But maybe you're thinking, "I'm a kid! I don't have a job, or lots of money or stuff!"

If you aren't sure how to help, you can always ask God to show you! He will not say, "That's a really silly question!" God will show you how you can use what you have to help someone else. The One who holds all the answers to every question will never turn you away. When you need wisdom, you can always ask God.

Use the binary code to complete the picture below. For every 1, color in that corresponding square. For every 0, leave it blank. What do you see?

0	0	0	0	0	0	0
0	0	1	1	1	0	0
0	0	1	0	1	0	0
0	0	0	0	1	0	0
0	0	1	1	1	0	0
0	0	1	0	0	0	0
0	0	1	0	0	0	0
0	0	1	0	0	0	0
0	0	1	0	0	0	0
0	0	0	0	0	0	0
0	0	1	0	0	0	0

You can always use what you to have to help someone else.