



# Deciding to be okay with what you have

WEEK  
**ONE**  
K-5<sup>TH</sup>  
GRADE



## READ MATTHEW 6:25–26

**DAY 1**

Match these pairs of opposites.

**MORE**  
**ZERO**  
**LOTS**  
**NEGATIVE**  
**PLENTY**

**POSTIVE**  
**LITTLE**  
**LACKING**  
**LESS**  
**INFINITY**

Read Matthew 6:25-26. What is the one thing Matthew is saying we shouldn't do when it comes to our future and our needs? \_\_\_\_\_

Worry is the opposite of contentment. The next time you find yourself being worried about something, ask God to help you have faith that He will provide for you just like He does for the birds!

**ASK** God to help you trust Him no matter what.

## READ 2 CORINTHIANS 12:10

**DAY 2**

Do your parents have any weights around the house they use for working out? If so, ask their permission to lift a couple of the smaller ones. If they don't, ask to borrow a couple of cans from the pantry. Hold them in front of your body, palms up, and lift them close to your body, working your biceps. Do as many as you can until your arms get tired.

Do you feel stronger? Probably not right away. But here's the cool thing about building muscles. When you lift weights, your muscles get tired, and it's because the muscle fibers are breaking down. But then when you rest your body, over time, those fibers heal, and they actually get stronger, which makes YOU stronger!

It's hard to imagine being glad when you're going through a hard time, isn't it? But when you rely on God for your strength, He makes you stronger even if you feel weaker. The more you rely on Him, the stronger your relationship will be, and the more you will be okay no matter what!

**ASK** God for the power to choose contentment no matter what you're facing.

## READ PSALM 37:3-4

DAY 3

Christmas isn't too far away so go ahead and make a list of what you want to receive as a gift this year.

_____	_____
_____	_____
_____	_____
_____	_____

Now read Psalm 37:3-4 again. Do you think this means that if you "find your delight in the Lord," you'll get everything on your list? Nope. So what does it mean? When you truly "delight in the Lord" (which just means realizing that our true worth, identity and joy comes from Him!), what your heart really wants changes! It doesn't mean you won't still want a new toy or the latest movie, but you'll realize that isn't what's most important in life, and God will help you be content with what you already have!

**THANK** God for being your true source of joy and contentment.

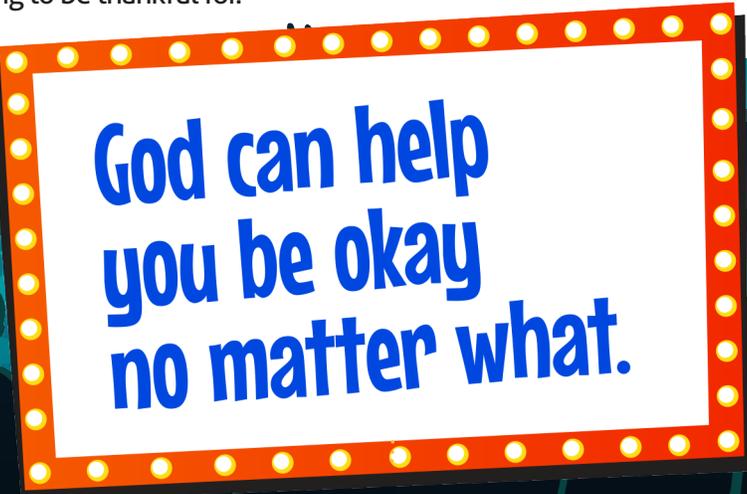
## READ 2 CORINTHIANS 9:8

DAY 4

Grab a blank sheet of paper, fold it in half and decorate the front to say "THANK YOU." On the inside, write a thank you note for all of the awesome things you have in your life. Think about all the relationships you have—a loving family, any siblings, your closest friends, your favorite teachers and coaches. Think about all the ways that you're provided for—like with food, clothing, a bed, or toys. And don't forget the things that you get to DO—like if you get to play at a park sometimes, take piano lessons or eat a kid's meal at your favorite restaurant.

Any idea who the envelope should be addressed to? If you said "God," you're right! Everything good we have comes from Him. Any time this week you're tempted to complain or feel sorry for yourself, pull out the thank you note and read some lines you wrote as a prayer to God.

**KNOW** that you always have something to be thankful for.



God can help  
you be okay  
no matter what.

BRING THIS  
BACK NEXT  
WEEK!

\_\_\_\_\_

Name

\_\_\_\_\_

Parent Signature



# Deciding to be okay with what you have

WEEK  
**TWO**  
K-5<sup>TH</sup>  
GRADE



## READ MATTHEW 6:31-33

## DAY 1

Instead of worrying about things that are only important here on earth, like food and clothes, we should focus on putting things that are important to God first. Find some of those things in the word search below. (Hint: instead of food, these are called "fruits of the Spirit.")

L	O	V	E	A	N	R	Y	E	S	O	T	A	R	J	I	U	V	O	R	Y	E
U	E	C	T	F	A	P	T	W	S	X	L	Z	O	G	Y	R	E	I	H	U	H
K	S	E	K	G	E	N	T	L	E	N	E	S	S	O	N	T	G	P	K	Y	P
I	S	Y	T	C	N	R	L	N	P	S	S	T	K	O	O	S	J	A	Y	S	S
N	U	R	N	N	P	J	O	Y	O	J	K	T	G	D	T	U	T	T	I	G	H
D	R	N	E	L	O	L	R	W	T	A	R	Y	P	N	A	S	O	I	L	E	N
N	S	E	A	S	I	U	F	S	L	G	U	L	S	E	N	A	E	E	P	N	J
E	A	J	N	S	K	P	E	A	C	E	R	Y	O	S	E	R	I	N	R	W	I
S	W	S	E	E	L	Y	V	E	A	T	C	S	E	S	V	S	A	C	W	A	S
S	L	J	P	K	J	T	E	Q	F	A	I	T	H	F	U	L	N	E	S	S	J
W	S	T	G	N	O	W	N	G	V	N	E	I	C	R	A	L	W	J	C	S	J
O	S	E	L	F	C	O	N	T	R	O	L	L	O	N	X	F	R	C	L	G	L
T	J	O	G	S	Y	T	W	A	S	S	U	N	I	R	C	N	O	S	N	A	G

**Word Search**  
LOVE  
JOY  
PEACE  
PATIENCE  
KINDNESS  
GOODNESS  
FAITHFULNESS  
GENTLENESS  
SELF-CONTROL

**ASK** God to help you see what is most important to His Kingdom this week.

## READ 1 TIMOTHY 6:6-7

## DAY 2

What if you were invited on a trip to somewhere fun and were told that you didn't need to bring anything—no shampoo, extra clothes, or even a pillow? Everything you need will be provided.

But here's the catch: when you leave the trip, everything that was provided for you has to stay. The blankets, toys, and clothes all stay behind. You'd probably enjoy the trip, but you wouldn't get too attached to anything, because you'd know it wasn't yours, right?

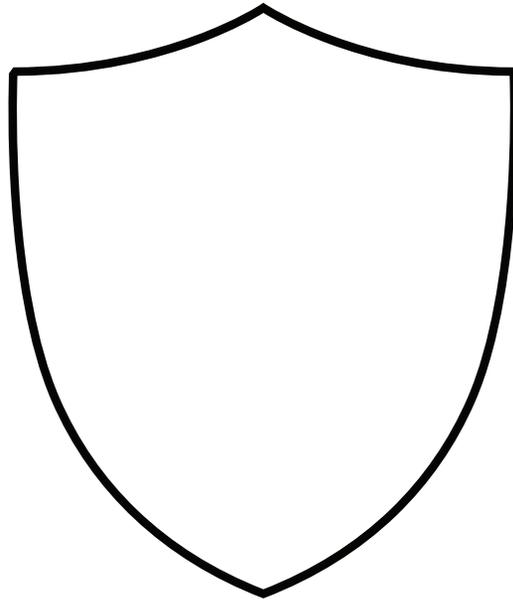
That trip is a lot like what we're experiencing on this earth! When we were born, we didn't have anything, and God provides everything we need while we're here. We don't get to take it with us when we go to heaven, so we might as well not get too attached to anything other than each other because people matter most!

**KNOW** that nothing you own is REALLY yours.

## READ LUKE 12:15

DAY 3

Grab a sheet of paper to draw and cut out a shield like the one drawn out to the right. Right the words of Luke 12:15 along the edges, and then draw pictures on the inside of the things that make up your life. (*hint: think family, friends, church, activities, pets, etc.*) Hang the shield somewhere you will see often to remind you that THESE are the things that make up your life.



**THANK** God for everything on your shield each day.

## READ 1 TIMOTHY 6:10-11

DAY 4

If possible, head outside and run a few sprints as fast as you can. If you can't go outside, find room in your house with the most floor space and do a few sprints back and forth, running as fast as you can. While you catch your breath, re-read 1 Timothy 6:10-11.

If you're thinking, I'm not a "man of God," that's because this was written to Timothy. But the advice Paul gave Timothy applies to us too! Money itself isn't evil, but when we obsess over it and love it more than what's really important, that's not good. As fast as you ran in your yard or house before, run away from loving money or stuff and run toward the things that really matter!

**LISTEN** to Paul's advice to Timothy and apply it to your life too.

A sign with a red border and yellow lights that reads "Stuff can't keep you happy." The sign is held up by silhouettes of people with their arms raised.

Stuff  
can't keep  
you happy.

BRING THIS  
BACK NEXT  
WEEK!

Name \_\_\_\_\_

Parent Signature \_\_\_\_\_



# Deciding to be okay with what you have



## READ JAMES 1:14-15

## DAY 1

Have you ever turned water on REALLY hot by accident and stuck your hand under the water only to yelp in pain? Here's something fascinating. If you stick your hand under warm water and gradually turn it hotter and hotter, you'll likely get it as hot as you did the first time, but you just won't realize how hot it's gotten until it's too late.

The same thing can happen with jealousy. What might start out as admiring what someone else has can eventually turn into jealousy and coveting, which can rob us of our contentment before we know it. Instead, when you feel the jealousy creeping in, ask God to help you kick it to the curb!

**ASK** God for help to remain content even when others have something you want.

## READ EXODUS 20:17

## DAY 2

For each letter in contentment, think of something you are grateful for. Make the list below.

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N  
T  
M  
E  
N  
T**

Maybe your neighbor doesn't have a donkey that you really want, but we can all relate to wanting something that someone else has. Wanting what someone else has is normal, but when you focus on it, it can make you feel yucky. Instead, when you see something you want, sometimes what helps is to focus on what YOU have. Being grateful for what you have is great medicine for the bad feeling that jealousy brings.

**KNOW** that you can turn your jealousy into gratitude.

## READ JAMES 4:1-3

DAY 3

Whatever you do, don't think about an elephant.

Don't think about a purple elephant.

Don't think about a purple elephant with pink polka dots.

Don't think about a purple elephant with pink polka dots balancing on a beach ball.

Let me guess. You couldn't help but picture that giant polka-dotted elephant teetering on a small beach ball, could you?

We can't control the thoughts that pop into our heads, but we can control what we focus on. The next time you find your thoughts drifting toward something someone else has, refocus on what you have to be thankful for.

**ASK** God to help you keep your focus on the gifts He's given you.

## READ 1 CORINTHIANS 13:4

DAY 4

"Love does not want what belongs to others . . ." Have you ever thought about that? Not only does wanting what others have make us miserable, but it's also not loving toward others. That's because it's hard to be kind and loving to someone when you want what they have. Instead, the loving thing to do is celebrate what someone else has.

Think of someone who has something you want. Maybe it's a material object, like a video game, or maybe it's a talent or skill. Write that thing below.

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Now write down a way you can be kind and loving to that person by celebrating what they have. Write a congratulations card, or just tell them how happy you are for them.

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It may seem hard at first, but the more you practice celebrating others, the less you will be jealous of what they have.

**KNOW** that love does not want what belongs to others.

Wanting what  
others have can  
make you miserable.

BRING THIS  
BACK NEXT  
WEEK!

Name \_\_\_\_\_

Parent Signature \_\_\_\_\_



# Deciding to be okay with what you have

WEEK  
**FOUR**

K-5<sup>TH</sup>  
GRADE



## READ JAMES 1:17

**DAY 1**

How cool is it that the God who made the universe cares enough about us to give us good gifts? That's right, everything good we have is a gift from God!

Grab a sheet of paper and trace the gift tag pictured here a few times. Then cut out the tags and decorate them however you'd like. In the "To" spot on each tag, write your name. In the "From" spot, write God. Then go around your room and house and tape the tags to things that you have that you really love (be careful to only use tape on places it won't ruin furniture or walls!). You can even tape one on a family member (but you might want to stick it to their bedroom door instead). Every time you see the gift tags, thank God for that gift!



**THANK** God for all the good and perfect gifts He has given you.

## READ PSALM 34:10B

**DAY 2**

Instead of focusing on what you want, pay attention to all the good things you have that God has given you! When you realize that God gives you everything you need, it helps you be content.

Ask your mom or dad if they have any magazines they don't need that you can use. If they don't, you can either grab some blank paper to draw, or ask a parent for help printing a few pictures from the Internet using Google Images. Cut out pictures that represent things you need that God has given you: food, a home, family, friends, teachers, etc.

Get a hanger from your bedroom closet and ask a parent for some string (dental floss will also work!). Tape the pictures to the string or floss and tie the other end to the hanger, making a mobile. Find a place you can hang it in your room so you can look "up" to God and remember all the things He's given you!

**KNOW** that God gives you everything you need!

## READ PROVERBS 30:7-9

DAY 3

At breakfast today or tomorrow, go ahead and pour several bowls of cereal—enough for the rest of the week—and add the milk too.

STOP.

Don't really do that. Can you imagine how soggy and nasty that cereal would be?

Sometimes that's what you and I do in life—we worry about the future and what's to come, instead of being thankful for the way God is meeting our needs for TODAY.

The next time you eat a meal, be sure and thank God for providing just what you needed TODAY.



## READ PROVERBS 21:26

DAY 4

If you spend all your time wanting what you don't have, you'll miss out on something REALLY awesome: sharing with others. If you're always focusing on what YOU don't have, you won't even notice how others need your help!

Cut out these two faces and put them somewhere you'll see them often (maybe the fridge). The next time you find yourself complaining, put the frowning face over the smiley face. Then think of some way you can help someone else. Go and do it, and then come back and put the smiley face on top. Nothing turns a frown upside down like helping someone who needs it! (*Hint: Tell a parent about this one so they can help "catch" you when you're complaining. Sometimes we don't even know we're doing it!*)

**ASK** God to help you turn your complaints into contentment.

**Don't miss out  
on what you  
have now.**

BRING THIS  
BACK NEXT  
WEEK!

Name \_\_\_\_\_

Parent Signature \_\_\_\_\_