



# Contentment

## Deciding to be okay with what you have



**BOTTOM LINE:** God can help you be okay no matter what. Read Proverbs 19:23

DAY

1

### Bible Verse

With the help of an adult, look up this week's Bible verse: **Proverbs 19:23**. Contentment is deciding to be okay with what you have. Make up a song to help you remember the verse and remind you to be content!

**ASK** God to help teach you how to become more content this month.

DAY

2

### Needs vs. Wants

Grab a piece of paper and something to write with. With the help of an adult, draw a line down the middle of the paper, on one side write **NEEDS** and on the other write **WANTS**. Under **NEEDS** write/draw things that you need every day, without question, like food, shelter, or water. On the other side, write/draw a list of things you **WANT** like toys or games. When finished, look over your list and talk about what being content looks like when you don't get everything you want, but you have everything you need.

**THANK** God for meeting all of your needs and even some of your wants.

DAY

3

### Quietly Content

Find a quiet place and talk to God. Ask Him to teach you contentment these next four weeks by praying something like this:

"Dear God, I pray that You will teach me contentment this month. Allow me to practice being content everyday with what You have given me. Thank You for always taking care of all of my needs and many of my wants. I love You, God. Amen."

**LOOK** for times that God is teaching you contentment in your life.

DAY

4

### I Got What I Need

Ask an adult if you can borrow their phone to take some pictures. Walk around the house and look at all the things God has given to you that help you live and be safe; like food, clothes, shelter. Snap a photo of these things. When you are done, scroll through your photos with the adult who let you borrow the phone and talk about what you took pictures of and how you are thankful for these things.

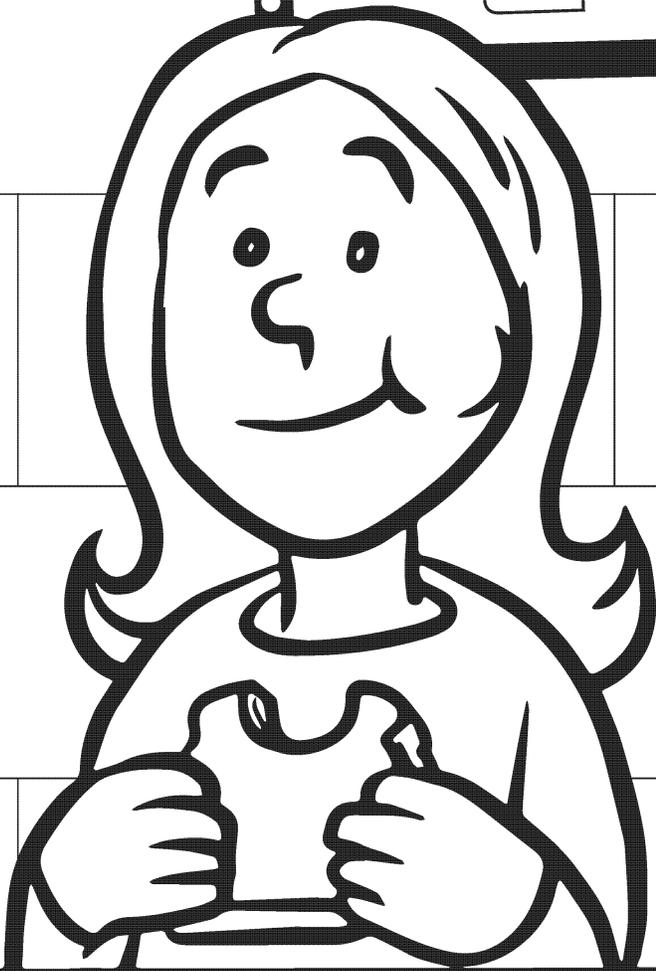
**KNOW** that God meets the needs of His children.

BRING THIS  
BACK NEXT  
WEEK!

Name \_\_\_\_\_

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

Color the picture  
of the child showing  
**CONTENTMENT**





# Contentment

## Deciding to be okay with what you have

**BOTTOM LINE:** Stuff can't keep you happy.

Read I Timothy 6:6

DAY 1

### Not What, But Who

Think of the people in your life that you cannot live without like a parent, grandparent, or friend. Now think: why do you need them? What would you do without them? Sometimes it's not what we need in our lives, but whom we need. Stuff can't keep you happy but people who love you can. God put them in your life for a reason. Take some time now to go and tell them how special they are to you. Maybe even give them a hug!

**THANK** God for putting people in your life that care for and love you.

DAY 2

### Rainbow Verse

With the help of an adult, look up this week's Bible verse: **I Timothy 6:6**. Read through it a few times and then grab some paper and colorful writing utensils. Write each word of your Bible verse, including the reference, in a different color. Hang this week's verse somewhere you can see it and practice it often.

**ASK** God to help show you how to be content with what you have.

DAY 3

### Contentment by Prayer

Find a place in your house to sit quietly and be still. Think through things in your life that you need to be content about, even when it's hard. When you are ready to talk to God, say some things like this:

"Dear God, I have been given so much in my life. Thank You for the people and things that I have. Teach me how to be content. Please help me become more content when \_\_\_\_\_ (something that you are working on contentment with).

Show me that what I have is enough and to focus more on You than what I don't have. Thank You, God. Amen."

**KNOW** that God will always help you when you ask Him. He knows what's best for you.

DAY 4

### Jump for Contentment

Below are a few scenarios that either show contentment or discontentment. When the scenario is demonstrating the person being content, jump up and down and shout "Hooray, show contentment today!" Draw a line through the scenario that shows discontentment.

1. You're dying to play on your new trampoline, but it's been raining **ALL WEEK**, so you scream how unfair it is and stomp around the house.

2. You've been looking forward to playing basketball at recess all morning. When you get outside, you see that a bunch of fifth graders are on the court, and there's no way they're going to let you play with them. So, you and your friends start a new game to play.

3. Your family goes to the pumpkin patch and you only have time for one more activity. You want to do the corn maze but your siblings want to do the pumpkin toss. It's two against one so, you have to go to the pumpkin toss. You smile, go, and even let them go first.

**LOOK** for opportunities to show contentment even when it's really, really hard.



BRING THIS  
BACK NEXT  
WEEK!

\_\_\_\_\_

Name

\_\_\_\_\_

Parent Signature



# Contentment

Deciding to be okay  
with what you have

**BOTTOM LINE:** Wanting what others have can make you miserable.

Read **Philippians 4:11**

DAY  
1

## LIVE! Contentment Talk TV

Pretend you are on a talk show interviewing people about contentment. You can find some people in your home, call someone on the phone, or talk to some friends in the neighborhood. Here is your script:

"Hello, my name is \_\_\_\_\_ and I am coming to you live from \_\_\_\_\_. I would like to talk to you about contentment. Has there ever been a time in your life when you wanted what someone else had? How did it make you feel? Did you know that being content means deciding to be okay with what you have? How can you practice contentment today?"

**ASK** God to help you be happy with what you have.

DAY  
2

## Puzzling Verse

With the help of an adult, look up this week's Bible verse. Write out your verse on a piece of paper. After you write it out, cut out your Bible verse in different shapes and sizes (not too small), shuffle them up and then put it back together like a puzzle. Practice your verse this way a few times during the week. Then, try it with a friend!

**THANK** God that He will care for all of your needs.

DAY  
3

## I Want What God Sees

Sometimes it's hard to not want what others have. God can help you through that if you talk to Him and ask Him. Pray something like this:

"Dear God, sometimes it's really hard to not want what others have. Please help me see that I can be content with what I have. Thank You for all You have given me in my life. I love You, God. Amen."

**LISTEN** to God when He tells you to be content.

DAY  
4

## Caring through Contentment

Some people have more than you. Some people have less than you. Think of all God has given you. What is something small you can do for someone else to show them God's love? Can you bake them cookies? Can you donate some clothes or toys you don't use anymore? Today, do something for someone else and tell them you are doing something for them because God has done so much for you.

**KNOW** that God gave all that He had by sending us His son to die for our sins.

WANTING  
WHAT OTHERS  
HAVE CAN  
MAKE YOU  
MISERABLE.

**Color in the bottom line.**



\_\_\_\_\_  
Name

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



# Contentment

## Deciding to be okay with what you have

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

Read Psalm 37:3

DAY 1

### It's ALL Good!

Sometimes, all we do is focus on what we don't have. Spend some time thinking about all the good you have in your life! People, things, opportunities, anything that is GOOD! Write down each thing on a scrap piece of paper and place them in a jar. When you are having a hard time being content, go to the jar and read all the good things you wrote!

**THANK** God for all the good He has given you in your life.

DAY 2

### Contentment with Christ

When we are content with what we have, it reflects our trust in God. We know He will always care for us and give us everything we need. Stuff won't make us feel secure like God's love will. Grab a few rocks from outside and a marker. On each rock, write something that God has given to you that you are thankful for. Make a special pile of these rocks for you to see whenever you pass by. Talk to God and thank Him for all He does for you.

**ASK** God to help you have a grateful heart.

DAY 3

### Manna, Manna, Falling Everywhere

With the help of an adult, look up this week's Bible verse, **Psalm 37:3**. After finding your verse and reading it through a few times, find some paper and a marker. Count the number of words in the verse and then cut and write one word on each paper. Collect all the papers and toss them into the air allowing them to fall and while you toss them up yell, "Manna, manna, falling everywhere." Once they have all touched the ground take turns picking one up and reading the word on the paper. After you have collected all the words, put them in the correct order and say the verse together.

**LOOK** for the ways God takes care of you like He took care of the Israelites by giving them manna.

DAY 4

### Live with Contentment

Being content takes a lot of practice. However, if you start being content with what you have now, you will see all that God can do for you sooner! Read through the scenarios and think of what you can do to practice being content. Share your ideas with an adult.

1. Your friend just got a brand new bike and you've wanted a new bike for forever.
2. Your family chose to watch a movie instead of going to the park like you wanted.
3. A kid in your class got to be the special helper . . . again.

**KNOW** that being content takes practice. When it gets hard, ask God to help you remember all the good you have and to celebrate others!



BRING THIS  
BACK NEXT  
WEEK!

Name \_\_\_\_\_

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