

# 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.