

Contentment is learning to be okay with what you have.

Read 1 Timothy 6:8



DAY

1

What Ya Got?

Do you have a favorite toy? If you do, you probably take really good care of it by keeping it safe and always putting it away. When we have something that is really special to us we want to make sure we take care of it. If we don't take care of our toys they can break and we might not be able to get a new one. Draw a picture of your favorite toy as a reminder to take care of what we have.

Know that what you have now is special.

DAY

3

Okay With That

God gives us everything that we need. He will always take care of us because He loves us. Read this week's verse. Once you have read it, draw a picture of you in your favorite shirt, eating your favorite food!

Ask God to provide you with what you need.

DAY

2

Same Old?

In our Bible story this week we learned about when the Israelites were freed from slavery and walking in the wilderness. Once they were free, they became hungry while walking and were upset they didn't have any food. God cared for them, so, He made it rain manna! But, they didn't like it because it was boring. So, even though they were free they complained about what they were given.

Could you eat the same food every day? What if the food rained down from heaven? With an adult, make a snack of toast or crackers. Talk about what it would be like if you had the same meal every day.

Thank God for giving you food to eat!

DAY

4

Thank You!

God gives you exactly what you need. Let's pray and thank Him for all that He has given to you.

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 "Dear God, Thank you for providing me with food and clothes. Thank you for sending people to take care of me and love me. I know that you will always provide for me because you love me. I love you, God. Amen"

**Look for the ways that God takes care of you.**

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



# Contentment is learning to be okay with what you have.



## 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.**



Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Series of horizontal dotted lines for journaling.



Day 1

After watching, write one thing that:

Go to [bit.ly/SundaysAtHomePreteen](https://bit.ly/SundaysAtHomePreteen) and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

1. You liked:

2. You learned:

3. You'd like to know:

## Day 2

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Read Exodus 16:2-21; 17:1-7

As you read Exodus 16:2-21; 17:1-7, draw a down arrow every time the Israelites complain. Draw an up arrow next to all of the good things in their lives—the ways that God is taking care of them.

There is a lot they seemed to be missing out on, isn't there? All they seemed to notice were the hard things—not all the ways that God was taking care of them and good things He was giving to them. They were really missing out on what they had!

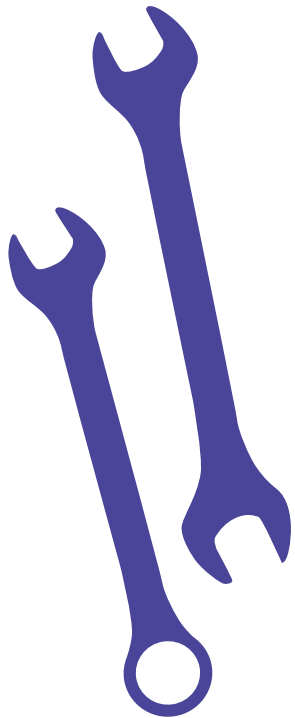


## Day 3

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Even if you're having a hard time right now, there are so many good things in your life that you may be missing out on. In fact, sometimes it's hard to see those things, so we have to be intentional about noticing them and thanking God for them.

Today, take a prayer walk around where you live. If your parent says it's okay, you can walk outside as well as inside. Intentionally notice all of the things that are good where you live. You might notice your family, your full fridge, clothes in your closet, your friend next door playing basketball. As you notice each of these things, thank God for them. You can get also really specific—like, thanking God for your mom's job that paid for that new bedspread or for bringing your family to this neighborhood where you met your best friend. Whatever you do, **don't miss out on what you have now.**



## Day 4

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Invite a friend or sibling to a "Thankfulness Tea."

Don't like tea? Choose your favorite drink instead, and maybe some yummy cookies or a crunchy snack! The point isn't what you're eating or drinking, but the focus of the conversation.

While you enjoy your snack together, take turns bouncing back and forth all of the good things in your life. See if you can keep the conversation going the entire time you enjoy your snacks, just sharing with each other all of the things you have to be thankful for!



## Day 5

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What is good in your life right now?

Think back to the conversation you had with your friend/sibling yesterday. What are the top 3-4 things you recognize are good in your life right now?

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If you have the ability to take and print photos, go around taking photos of these things. Print the photos and cut them out, then use some tape to affix them to a long piece of string or yarn. Then, with a parent's permission find a way to hang the photo collage somewhere in your room to help you stay focused on what is good in your life right now. (If you don't have string or a good place to display the collage in your room, use magnets to put the photos on your fridge—or tape them to your bathroom mirror!)

If you can't print photos, try your hand at drawing the things you are thankful for and making a collage of your drawings. If digital art is more your thing, try designing or drawing artwork that represents the things in your list. Or you can do a mixed media piece of artwork to represent all the good things you're thankful for!

However you choose to make a visual reminder of the good things in your life, make sure you put it somewhere you will see it often. And whenever you're tempted to focus on what you don't have, take a look at all the good things you do have!