



WEEK 1

PHILIPPIANS 4:11-13

Be Content

SAY THIS: God can help you be okay no matter what.

WEEK 2

HEBREWS 13:5

Don't Be Controlled by Money

SAY THIS: Stuff can't keep you happy.

WEEK 3

1 KINGS 21:1-19, 27

King Ahab and Naboth's Vineyard

SAY THIS: Wanting what others have can make you miserable.

WEEK 4

EXODUS 16:2-21; 17:1-7

Israelites Long for Egypt

SAY THIS: Don't miss out on what you have now.



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REMEMBER THIS

"Then he said to them, "Watch out! Be on your guard against wanting to have more and more things. Life is not made up of how much a person has."
Luke 12:15 NIV

LIFE
APP

CONTENTMENT—Deciding to be okay with what you have

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CONTENTMENT—Deciding to be okay with what you have

OCTOBER
2018



DO THIS



MORNING TIME

Write this on your child's mirror, "Decide to be okay with what you have. I am so glad I have you!"



DRIVE TIME

Just for fun, everyone (parents included!), list out all the things you would buy right now if you had all the money in the world! Now, come back to reality and list out the things you currently have that meet all of your needs and more. Tell your kids this friendly reminder, "Don't miss out on what you already have now."



MEAL TIME

Q & A for kids: What food can you never get enough of?
Q&A for parents: Did you ever have a collection of anything when you were a kid?



BED TIME

Read Hebrews 13:5. Whether you have a lot or a little, it's easy to want more to make you happy. God made us so that stuff can never fill us. His love is the only thing that can give us true joy. Chasing stuff won't make us happy, but showing love to God and to others will. Pray that you will grow closer to God and not depend on the things you own to make you happy.

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AVAILABLE FOR IOS AND ANDROID DEVICES

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Deciding to be okay with what you have



READ MATTHEW 6:25-26

DAY 1

Match these pairs of opposites.

MORE	POSITIVE
ZERO	LITTLE
LOTS	LACKING
NEGATIVE	LESS
PLENTY	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.

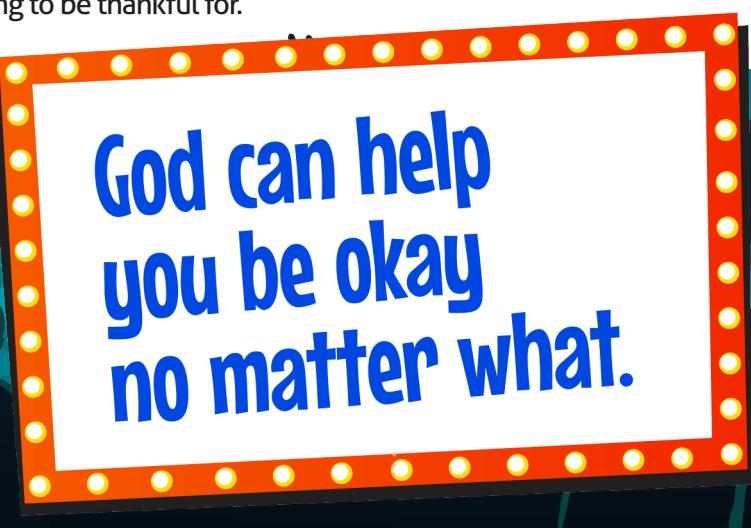
READ 2 CORINTHIANS 9:8

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.



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