

Contentment is learning to be okay with what you have.



DAY 1

Read Hebrews 13:5, NIV

Can you imagine a king, with ultimate power and authority, pouting on his bed like a preschooler? That's exactly what King Ahab did. His love for stuff and wanting more led him to say things and do things that got him into big trouble. If only he'd learned to be content.

Remember, contentment is learning to be okay with what you have. Notice the word "learning." This is something you have to practice! Every time you find yourself pouting or complaining like King Ahab, stop and think about where that behavior might lead. Because wanting more and more can make you miserable.

With a family member's permission, grab all the remote controls in your home, along with a pen and some masking tape. Write today's verse in your own words on separate pieces of tape and stick them to each remote control. Every time you use a remote this week, read the verse as a reminder not to be controlled by love for money or stuff but to be okay with what you have!

DAY 2

Read 1 Timothy 6:6, NIV

The problem with wanting more and more is that wanting more and more leads you to feeling like you never have enough. There's always the newer, shinier, better, cooler thing right around the corner. **This kind of thinking only leads to DIScontentment.**

So maybe our focus should shift. What if we put all that "I really want it" energy into doing the right thing? 1 Timothy tells us that we can gain a lot by living a godly life. When our focus is on trusting God and making choices that honor Him, we'll start to see that stuff doesn't really make us happy. Loving God and loving others always leads to strong relationships.

To learn today's verse, let's play a game called "Gotcha!" Grab a sibling or friend. Read the verse together a few times. Then, read the verse aloud to your partner leaving out ONE word. As soon as your partner catches the mistake, they should yell "GOTCHA!" Then quote the verse correctly together. Switch roles and play again!

DAY 3

Read Proverbs 21:26, NlrV

Is it hard for you to be generous? When you have one cookie left and both you and your brother call dibs, what do you do?

When it comes to being okay with what we have, it's super important to start with generosity. Because when you are generous, it's impossible to hold on to what you have. You can't keep wanting more and more when you're generous and choose to share!

Here's a little generosity challenge. For the next 24 hours, whenever someone asks you to share or help, say, "YES!" Choose to be generous with your stuff and with your time. Give without holding back as our verse teaches and watch your contentment grow.

DAY 4

Read Proverbs 23:4-5, NlrV

When you think about what you have, you probably immediately think about stuff. There's stuff in your closet, stuff in your dresser, stuff under your bed or in your backpack. Sometimes we have so much stuff that we don't even remember what we have!

Wanting more and more can make you miserable because all that stuff doesn't last. God wants you to be okay with what you have so you can find contentment. When you find yourself wanting more stuff, picture a big pile of money. Then imagine that pile of money sprouting wings, becoming an eagle and suddenly flying away!

Fun Eagle Facts!

Unscramble the words below as you read!

Bald eagles can be found in all 50 states except.....!

A I A I W H

The bald eagle has a wing span of over feet!

I X S

Did you know that even eagles like to play?

Bald eagles sometimes toss or pass

..... to each other in the air!

T I S C K S

Wanting more and more can make you miserable.

