

Contentment is learning to be okay with what you have.



DAY 1

Read Psalm 37:3-4, NIRV

What is something 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? If you don't get it, do you still trust God?

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 the things you can buy. Contentment is really about trusting God to know what we need at exactly the right time we need it! When you trust God to provide for you and you choose to follow Him, to be obedient to Him, you begin to want what He wants more than you want a new Xbox. Because an Xbox isn't going to change the world for God, but He will help you see what the right thing is to want so you CAN be a part of changing the world. 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, NIRV

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, meaning Himself, because He made a way for us to live with Him forever in Heaven. Because of Jesus, we can have a friendship with God while we're on earth too! We won't be "thirsty" because when we put our trust in Jesus, we can be completely at peace and full of contentment. We won't lack anything!

Write it Out

Grab a piece of paper or an index card and write out today's verse. Get creative and decorate the card! Tape this card to a water bottle, so every time that you go to take a drink, you can remember that Jesus is our living water!

DAY 3

Read Proverbs 19:23, NIV

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, NIV

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 family? Select a recipe that requires stirring and ask a family member if you can make it together. As you cook alongside them, share this verse and talk about what it means.



God can help
you be content.