

Contentment

Deciding to be okay with what you have

BOTTOM LINE: Don't miss out on what you have now.

Read Psalm 37:3

DAY **1**

It's ALL Good!

Sometimes, all we do is focus on what we don't have. Spend some time thinking about all the good you have in your life! People, things, opportunities, anything that is GOOD! Write down each thing on a scrap piece of paper and place them in a jar. When you are having a hard time being content, go to the jar and read all the good things you wrote!

THANK God for all the good He has given you in your life.

DAY **2**

Contentment with Christ

When we are content with what we have, it reflects our trust in God. We know He will always care for us and give us everything we need. Stuff won't make us feel secure like God's love will. Grab a few rocks from outside and a marker. On each rock, write something that God has given to you that you are thankful for. Make a special pile of these rocks for you to see whenever you pass by. Talk to God and thank Him for all He does for you.

ASK God to help you have a grateful heart.

DAY **3**

Manna, Manna, Falling Everywhere

With the help of an adult, look up this week's Bible verse, **Psalm 37:3**. After finding your verse and reading it through a few times, find some paper and a marker. Count the number of words in the verse and then cut and write one word on each paper. Collect all the papers and toss them into the air allowing them to fall and while you toss them up yell, "Manna, manna, falling everywhere." Once they have all touched the ground take turns picking one up and reading the word on the paper. After you have collected all the words, put them in the correct order and say the verse together.

LOOK for the ways God takes care of you like He took care of the Israelites by giving them manna.

DAY **4**

Live with Contentment

Being content takes a lot of practice. However, if you start being content with what you have now, you will see all that God can do for you sooner! Read through the scenarios and think of what you can do to practice being content. Share your ideas with an adult.

1. Your friend just got a brand new bike and you've wanted a new bike for forever.
2. Your family chose to watch a movie instead of going to the park like you wanted.
3. A kid in your class got to be the special helper . . . again.

KNOW that being content takes practice. When it gets hard, ask God to help you remember all the good you have and to celebrate others!

