



Worship is more than just singing. You can worship God with the way you live. You can live on purpose and make choices that bring honor to Him.

It's natural to get jealous and complain when things aren't fair. That's why it stands out so much when someone chooses to show contentment instead. That someone could be you!

If you hear that a friend is going on an amazing vacation . . .
Don't roll your eyes and say, "I wish I could go."
Say, "I'm happy for them. That's so fun that they get to go!"

If your friend gets that new game the day it's released . . .
It's fine to say, "You're so lucky!"
Don't whine or complain about it. Ask if they can show you how to play it sometime.

If your sister gets an award at school . . .
Congratulate her. (And actually mean it.)

That sounds pretty simple, right? But it isn't easy. It's all about re-framing the way you look at things, or things that happen. Think about it like you're putting a picture frame around whatever you see, so that you remember to look at it in a different way.

choosing contentment could be one of the biggest and best ways to worship God.

It reminds you (and everyone else) that He's in control—of your stuff, or your circumstances, of your life!



LIVE FOR GOD

contentment

Day 1

READ 1 KINGS 21:1-19, 27

It's hard to imagine a bigger crybaby than King Ahab. He was the *king*. He was in charge. He lived in a palace! But somehow that wasn't enough. He just *had* to have Naboth's vineyard so he could plant a new vegetable garden. But Naboth, understandably, didn't want to give up his family's land. Look at what happened when Naboth dared to refuse Ahab's request.

READ VERSE 4 AGAIN.

Yikes. Does that sound like the way a king should act? For Ahab, it probably wasn't even about the vineyard anymore. It was about the fact that someone had told him "No." He couldn't snap out of it and that's why Jezebel ended up coming up with her evil plan to get rid of Naboth.

NOW READ VERSE 27 AGAIN.

What was the deal with this guy? Why wasn't he happy? I mean, didn't he just get what he wanted? Naboth was gone, and the vineyard was his! But it didn't matter. No one could help Ahab now. He was absolutely miserable. It's so obvious when we read it now. For King Ahab, it all came down to his terrible *attitude*. What if he had just been content with his incredible palace?

It's funny how our attitude can affect the way we live each day. We might not have any control over what happens to us but we *can* control our attitude. We can either choose to accept things and be content—or we can choose to whine and pout like Ahab and make ourselves (and everyone else) miserable.

How about you? How's *your* attitude today?



PRETEEN WEEK 3

HEAR FROM GOD

DAY 2

No matter how much stuff you have, you'll *always* want more. We talked about that last week. It's impossible to reach that magic amount of money or things where you feel like you (finally) have enough. That's not how stuff works. It was never meant to satisfy us over the long term.

Sure—you don't really expect to own a Lamborghini or a private yacht. But you do wish you had new soccer cleats like your teammate does. You do wish you could go see that new superhero movie in the theater like your friend did. Come to think of it, you wish you had as many Pokemon cards as he does, too.

So many times we get jealous of the things we see right around us. We see them so we want them.

THE QUESTION IS . . . WHY?

Why can't we be happy for what other people have without needing to have that same thing ourselves? Do we feel like life has to be fair—meaning fair *for us*?

That idea that things have to be fair is what drives a lot of our jealousy. And it's not going away as you get older. The solution? Talk to God about it. Ask Him to help you remember that your relationship with Him is enough!

PRAY
TO GOD

DAY 3

How do you keep from feeling jealous of what other people have? There's one way that might surprise you.

INSTEAD OF TRYING TO IGNORE IT— WHAT IF YOU CHOSE TO “TALK IT OUT”?

What if you complimented your friend on her new jacket instead of wishing you had one just like it?

What if you asked your friend to show you his Lego® collection instead of spending your time staring at commercials?

What if you offered to play catch with your brother instead of being mad that he got that cool new football?

Don't let jealousy hurt your friendships. Don't let envy give you a bad attitude. Make the first move and choose to be happy for your friends. It'll help you be a lot more content, too!

TALK
ABOUT GOD