

# Upcycle: Roll with what you've got



Use this guide to help your family learn how God can help us be content.

## Activity

**Don't Get Stuck!**

### What You Need:

Painter's or masking tape

### What You Do:

Create a circle on the floor using the tape. (If you don't have tape, you could create a circle on the floor using small stuffed animals or pillows.)

Ask the following questions, one at a time. If your kid gets one wrong, send them to the discontentment circle. (Make sure this feels silly and fun!) You can have them stand on one foot while they're in the circle, or do jumping jacks, sit-ups, push-ups, etc. You can change the activity if your kid gets overtired, or just to switch things up. The more they're in and out of the circle, the more fun the game will be. Feel free to personalize the game by adding some silly true or false questions related to your family.

### True or False?

Sharks are mammals. (*False—they're fish*)

Humans have four lungs. (*False—we have two*)

Adult human skeletons have 208 bones. (*False—206 bones*)

Mars is the closest planet to the sun. (*False—Mercury is*)

You cannot cry in space. (*True*)

There are no words in the English language that rhyme with orange. (*True*)

"A" is the most common letter in the English alphabet. (*False—"E" is*)

Some animals can get a sunburn. (*True*)

Crocodiles have sweat glands. (*False*)

Camels have two sets of eyelids. (*False—they have three*)

## Talk About the Bible Story

How would you have felt if you had been Paul—not allowed to leave your house?

Even though Paul was under house arrest, he was thankful for what he had. How do you think Paul was able to do that? (*Paul was able to find contentment by trusting that God would give him everything he needed, no matter what situation he was in.*)

What's the difference between a want and a need? (*A need is something we need to live and be healthy. A want is something that we don't necessarily need.*)

What are ways we can learn to be okay with what we have? (*being thankful, being generous*)

*Parent: Share a story about when things did not go well for you, but you were still able to be content. How did God help you find contentment despite your circumstances?*

## Contentment: Learning to be okay with what you have

### Memory Verse

"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

### Bible Story

Be Content/  
Paul in Prison  
Philippians 4:11b-13

### Bottom Line

God can help  
you be content.

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, we love You. Help us choose to be content this week when good and not-so-good things happen. Remind us that You are with us, You love us, and You are working for good, no matter what happens. You are an awesome God. Thanks for hearing our prayer. We love You, and we ask these things in Jesus' name. Amen."

# Upcycle: Roll with what you've got



First, watch  
this week's  
video!

**Contentment:  
Learning to  
be okay with  
what you have**

### Memory Verse

"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

### Bible Story

Be Content/  
Paul in Prison  
Philippians 4:11b-13

### Key Question

When is it hardest to be content?

Use this guide to help your family learn how God can help us be content.

## Activity

### Scale of Contentment

#### What You Need:

Painter's or masking tape, paper, scissors, something to write with

#### What You Do:

Draw a smiley face circle on a sheet of paper and cut it out. Place a long strip of tape in a straight line on a flat surface. Mark the numbers 1 through 10 on the tape, with each number a few inches apart.

Say, "This tape represents a contentment scale. One means discontent (not content at all). Five means neither content nor discontent. Ten means very content. I'll give you a list of situations. Place the smiley face on the line according to what your contentment level would be in each situation. Then tell me why you answered the way you did."

Below are some example situations, but tailor them to your child.

- Your hair isn't cooperating and kind of looks weird.
- You get to eat whatever you want for dinner.
- Your friend gets a new bike, but your bike is old.
- I say "no" to something you want to do, but your friend's parents tell them "yes."
- You try out for the soccer team and make it.
- You're assigned to sing a solo in the choir concert.
- You forget your lunch.
- Your brother gets more ice cream than you do.

After you discuss the reasons behind each contentment level, feel free to rank your contentment level for that situation.

## Talk About the Bible Story

How would you have felt if you had been Paul—not allowed to leave your house?

Even though Paul was under house arrest, he was thankful for what he had. How do you think Paul was able to do that? (*Paul was able to find contentment by trusting that God would give him everything he needed, no matter what situation he was in.*)

When is it hardest for you to be content?

What are some ways we can learn to be content? (*recognizing all the things we do have, showing gratitude, serving others who are less fortunate, being generous*)

What do you know about God that can help you be content? (*God will always be there for us; we can pray and talk to God anytime, anywhere; God works everything for good, no matter what happens; God is in control*)

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, we love You. Help us choose to be content this week when good and not-so-good things happen. Remind us that You are with us, You love us, and You are working for good, no matter what happens. You are an awesome God. Thanks for hearing our prayer. We love You, and we ask these things in Jesus' name. Amen."