

Contentment is learning to be okay with what you have.

Read Matthew 6:26



DAY

1

So Good!

God knows everything about you and gives you everything you need. God doesn't make mistakes so you can trust He created you perfectly. He loves the way you look, the things you like, and everything in between.

"About Me" Poster

1. On a piece of paper, write or draw everything that makes you special. Include the things you like or the things you do!
2. Hang it someplace special to remind you to love who you are too!

THANK God for creating you so special.

DAY

2

Use What You Have

Think of something that you can do for someone else today using only what you have. Do you have a special talent that you can use to make someone smile? Maybe it's baking, creating a dance, drawing or being a good listener? Use that special talent that God gave you to make someone's day special!

LOOK for what you can use to show others you care using what you have.

DAY

3

Worth More

Look up this week's Bible verse. Read it out loud or listen to it being read to you. Say the verse out loud a few times but every time you repeat the verse, change your voice! Here are some ideas of voices you can use: robot, whisper, shout, or a squeaky voice!

KNOW that God will always take care of you.

DAY

4

Everything I Need

God will always help you. He can help if you are sad, happy or anytime in between. Let's talk to God and thank Him for always being there.

"Dear God, Thank you for always being there to help me. You take care of me and love me so much. I know that you are always going to be there. Thank you for making me so special and giving me everything I need."

ASK God to always remind you that He is there.

**God can help you be
okay no matter what.**



**LOOK AT THE BIRDS
OF THE AIR.**

**THEY DON'T PLANT
OR GATHER CROPS.**

**THEY DON'T PUT AWAY
CROPS IN STORE ROOMS.**

**BUT YOUR FATHER WHO IS
IN HEAVEN FEEDS THEM.**

**AREN'T YOU WORTH MUCH
MORE THAN THEY ARE?**

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DAY 1

Read Psalm 37:3-4

What do 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?

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 things you can buy or own. Contentment is really about trust! When you trust God to provide for you and choose to do good in the world around you, you’ll want what God wants. 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

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. Because of Jesus, we can have a friendship with God here on earth and forever with Him. We won’t be “thirsty” or sad because when we put our trust in Jesus, we can be completely at peace, full of contentment.



Water Relay Game

1. Grab two buckets, some tape, and a sponge. Fill one bucket with water and place on one side.
2. Stick a piece of tape on the outside of the second bucket, about an inch from the bottom and place it several feet from the first bucket.
3. Soak the sponge with as much water as you can from the water bucket then run to the second bucket and squeeze out the water. Repeat until you’ve filled the bucket to the tape line.
4. For an extra challenge, ask an adult to start a timer to see how long it takes you. Then go a second round to try to beat your time.



DAY 3

Read Proverbs 19:23

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

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 mom or dad? Select a recipe that requires stirring and ask a parent if you can make together. As you cook alongside your Mom or Dad, share this verse and talk about what it means.



God can help you
be content.



Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



When
IS IT
HARDEST
TO BE CONTENT?

November
2021

Week One
4th-5th



Day 1

After watching, write one thing that:

- Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.
- Even if you already saw it at church, feel free to check it out again!
1. You liked:
-
2. You learned:
-
3. You'd like to know:

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A Devotional on Contentment

FOR AN
everyday faith.

Day 2

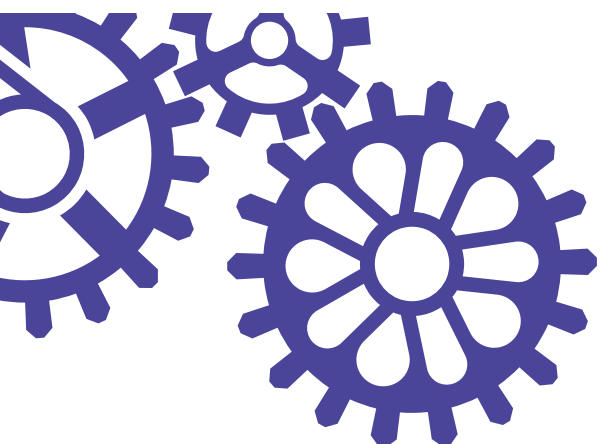
Read Philippians 4:11b-13

As you read Philippians 4:11b-13, write the follow math symbols above the text where it makes sense:

- > for greater than, more than, enough, well fed, etc.
 - < for less than, not enough, hungry, etc.
 - = for content
 - + for power, strength, etc.
- Where does your + come from when you feel <?
-

~~~~~

If you said the power of Christ, you're right! **God can help you be content**, even when you feel you don't have enough.



## Day 3

### When do you find it hardest to be content?

Some people find that the more they get, the more they want. Others find it hard to be content when they see other people getting things they want. But all of us struggle with contentment at some time or another! Thankfully we're not in it alone—God can help us be content.

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Personalize the prayer below, and after you pray it, hang it somewhere to remind you to start each day this week praying this prayer to ask God for help being content.

"Dear God, thank You for all that You have given me. I know I have so many blessings in my life, like

.....

But sometimes I get caught up in wanting more and more

.....

..... especially when

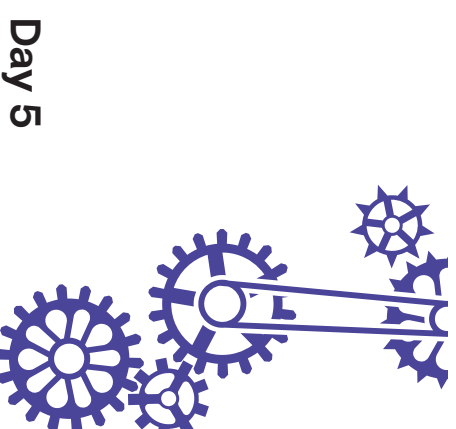
..... Please help me to be learn to be okay with what I have, and to recognize how much You have already given me. In Jesus' Name, I pray. Amen."

Day 4

Have you ever been around someone who is negative all the time?

It's not a lot of fun, is it? Spreading positive, encouraging words to others can be contagious; especially when people are struggling with contentment. Today, look for ways to remind others to look for the good (hint: it's much better to encourage others to be content by modeling contentment yourself!). You can do this by...

- Sharing with someone some of the things you are grateful for in your life...
- Sharing a Bible verse (maybe the memory verse for this month) that has encouraged you in your relationship with God...
- Sharing the prayer you personalized earlier in the week with your family and encouraging everyone to write out their own version of the prayer...
- Or any other way you can think of to help both yourself and those around you to choose contentment!



Day 5

When is it hardest to be content?

Paul's words of wisdom in Philippians 4:11b-13 are challenging enough, but then you learn that he wrote them when he was under arrest for telling others about God. It's really impressive to think about choosing contentment under those circumstances, isn't it?

What is your version of Paul's experience? You've probably not been arrested, but no doubt there's a time when you've felt like the world was against you or when you've had to miss out on something really big and exciting, while watching others get to do it without out.

How can you be content during those times? Remember the words that Paul shared: *"I have learned to be content no matter what happens to me... I can do all this by the power of Christ. He gives me strength."*

Grab a sheet of paper and cut a thin strip off—wide enough to write on, and long enough to wrap around your wrist. Then write those words of Paul's on the strip, and tape it around your wrist. As you go throughout your day, whenever you see the bracelet, ask God to give you the power to choose contentment.