

# Contentment is learning to be okay with what you have.

Read 1 Timothy 6:6



DAY

1

## More, More, More?

In this week's story, we learned that King Ahab had everything he ever wanted but still wanted more. He wasn't content and then did bad things because of it. We sometimes might feel the same. But, what if we stopped and thanked God for what we do have. Write or draw God a "thank-you" note. On the note draw some of the things God has given you!

**Thank God for all that He has given you.**

DAY

2

## More Adventure!

Sometimes we think more stuff will make us happy but what if we start thinking about making more memories and having more adventures? Let's stop only thinking about stuff we want and think of things money can't buy! Use your imagination and plan an adventure around your house or neighborhood. Are you a pirate looking for buried treasure? A pilot looking for a lost land? Be creative to find something money can't always buy. Adventure!

**Look for ways that you can create adventures and memories.**

DAY

3

## Godly Life

This week's Bible verse talks about what you can gain when you live a godly life. Read this week's verse and then talk with an adult about some things you can gain from a godly life. Hint: you can gain things like: happiness, joy, and peace.

**Know that living a godly life will give you the good stuff.**

DAY

4

## Pray More

God can help us be more content with what we have when we ask Him to. We don't have to do it by ourselves. Talk to God and ask Him to help you be content. Pray this:

~~~~~  
 "Dear God, Please help me to be content with what I have. I know that being content isn't just about stuff. I know it's okay to want things but God, please help me be content with what I have now and what I can give to others. I love you, amen."

**Ask God to help you to be content.**

**Wanting more and more can make you miserable.**



# Contentment is learning to be okay with what you have.



## DAY 1

### Read Hebrews 13:5

Can you imagine a king, with ultimate power and authority, pouting on his bed like a preschooler? That's exactly what King Ahab did. His love for stuff and wanting more led him to say things and do things that got him into big trouble. If only he'd learned to be content.

**Remember, contentment is learning to be okay with what you have.** Notice the word "learning." This is something you have to practice! Every time you find yourself pouting or complaining like King Ahab, stop and think about where that behavior might lead. Because wanting more and more can make you miserable.

With a parent's permission, grab all the remote controls in your home, along with a pen and some masking tape. Write today's verse in your own words on separate pieces of tape and stick them to each remote control. Every time you use a remote this week, read the verse as a reminder not to be controlled by love for money or stuff but to be okay with what you've got!

## DAY 2

### Read 1 Timothy 6:6

The problem with wanting more and more is wanting more and more leads you to feeling like you never have enough. There's always the newest, shiniest, better, cooler thing right around the corner. **This kind of thinking only leads to DIScontentment.**

So maybe our focus should shift. What if we put all that "I really want it" energy into doing the right thing? 1 Timothy tells us that we can gain a lot by living a godly life. When our focus is on trusting God and making choices that honor Him, we'll start to see that stuff doesn't really make us happy. Loving God and loving others always leads to strong relationships.

To learn today's verse, let's play a game called "Gotcha!" Grab a sibling or friend. Read the verse together a few times. Then, read the verse aloud to your partner leaving out ONE word. As soon as your partner catches the mistake, they should yell "GOTCHA!" Then quote the verse correctly together. Switch roles and play again!

### DAY 3

#### Read Proverbs 21:26

Is it hard for you to be generous? When you have one cookie left and both you and your brother call dibs, what do you do?

**When it comes to being okay with what we have, it's super important to start with generosity.** Because when you are generous, it's impossible to hold on to what you have. You can't keep wanting more and more when you're generous and choose to share!

Here's a little generosity challenge. For the next 24 hours, whenever someone asks you to share or help, say, "YES!" Choose to be generous with your stuff and with your time. Give without holding back as our verse teaches and watch your contentment grow.

### DAY 4

#### Read Proverbs 23:4-5

When you think about what you have, you probably immediately think about stuff. There's stuff in your closet, stuff in your dresser, stuff under your bed or in your backpack. Sometimes we have so much stuff that we don't even remember what we have!

Wanting more and more can make you miserable because all that stuff doesn't last. God wants you to be okay with what you have so you can find contentment. When you find yourself wanting more stuff, picture a big pile of money. Then imagine that pile of money sprouting wings, becoming an eagle and suddenly flying away!

#### Fun Eagle Facts!

*Unscramble the words below as you read!*

Bald eagles can be found in all 50 states except .....

A I A I W H

The bald eagle has a wing span of over ..... feet!

I X S

Did you know that even eagles like to play?

Bald eagles sometimes toss or pass

..... to each other in the air!

T I S C K S

Wanting more and more can make you miserable.



Journal

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



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Day 1

After watching, write one thing that:

1. You liked:

.....

2. You learned:

.....

3. You'd like to know:

.....

Go to [bit.ly/SundaysAtHomePreeteen](http://bit.ly/SundaysAtHomePreeteen) 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!



## Day 2

Read 1 Kings 21:1-19, 27

As you read 1 Kings 21:1-19, 27, draw the following emojis where they fit to match the emotions of Ahab.



King Ahab was quite an emotional guy, wasn't he? And most of his emotions weren't the fun ones. The more and more he got caught up in what he didn't have, the angrier and sadder and more miserable he got! **Wanting more and more can make you miserable.**



## Day 3

**Feeling sad, hurt or angry?**

These emotions aren't bad, and in fact, they are very normal and even helpful ways to process pain. But when we start to feel that way because we are caught up in wanting more and more, it can make us downright miserable—and miserable to be around!

~~~~~  
What is something in which you struggle to be content? How does it make you feel? Draw an emoji that represents that feeling:

How would you like to feel? Draw that emoji here:

Now take some time to pray. Tell God how you've been feeling as you've been focused on wanting more and more of something. Ask God to help you choose contentment, and to stop wanting more and more to the point of misery.

Now how do you feel? Draw that emoji here:

If your last two emojis don't match up right away, don't worry about it. Keep asking God for help choosing contentment, and the less you focus on what you have, the easier it will be to feel okay about what you do have.

## Day 4

When King Ahab found himself miserable about what he wanted and couldn't have, he turned to someone who only made his life more miserable, instead of looking to God or someone who followed God, like Elijah.

Who we spend our time with and turn to when we're struggling will greatly influence our attitudes and decisions. Who in your life would be a wise person to talk to when you're struggling with contentment? Write down 2-3 names.

.....

.....

.....

Pick one of those names. You can send them a text or email, write them a note, or find them in person. If you're currently struggling with wanting more of something, share that with them and ask them to pray for you to find contentment. If you find yourself in a pretty content place right now, then simply thank them for being a safe person to talk to when you're struggling with contentment, and ask them to hold you accountable and to speak up if they see you wanting more and more.

## Day 5



**What can you do when you find yourself wanting more and more?**

If you're wondering what you can do if you find yourself wanting more and more, you can look at what King Ahab did for a great example of what not to do.

~~~~~  
Take the list of poor choices below inspired by King Ahab's decisions and write something you could do instead.

Get angry ► .....

Pout ► .....

Lay around thinking about what you want ► .....

Cry about what you don't have ► .....

Refuse to eat ► .....

Focus on what you don't have ► .....

Complain to others ► .....

Circle 2-3 of the actions steps in the list on the right and consider these your Contentment Tools. Anytime you find yourself wanting more and more, take an item out of your Contentment Toolbox and put it to work!