

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



## DAY 1

### Read Proverbs 14:30

Jealous means feeling resentment, bitterness or hostility toward someone because they have something you don't. We can be jealous of something someone else has that we want or something they've achieved that we haven't. Always looking at what others have will never lead to a life of contentment. Jealousy leads to rot!

**Create a Rot Museum.** Grab some of the following foods: avocado, apples, carrots, wheat bread, lettuce, and a banana. You'll also need a jar with a tight fitting lid for each item. Cut a slice of each one and place them in separate jars, sealing the jar tightly. Place your jars near a window and observe your items for one whole week. Which items rot faster?

At the end of the week, take the items to the outside trash, wear a mask if you have one to help with the smell, and discard.

When you find yourself feeling jealous about what someone else has, think about those rotten banana or apple slices. Ask God to help you find contentment so you have a peaceful heart instead.

## DAY 2

### Read Luke 12:15

In our Bible story this week, we talked about the complaining Israelites. Even though God had rescued them from slavery and literally rained down food from the sky for them to eat, they still weren't happy! They wanted to go back to Egypt, where they were forced to work for hours and hours for no pay with no freedom.

If we're not careful, we can be just like those Israelites! We can quickly forget all that we do have if we choose to spend all our time thinking about what we don't! If you find yourself complaining about something you want, what if you stopped and thanked God for all He's given you?

Write out the words of the verse on several index cards. Stick them in a zip top bag and hide them somewhere in your house. We've given you a few silly ideas below. Grab a family member and lead them to the room where you've hidden the cards. Play "Hot or Cold" until the cards are found. Work on putting the verse in order, read it aloud and then play again, allowing the family member to hide them the second time!

Under your mattress: In the freezer or fridge: Behind a picture in a picture frame

DAY 3

### Read Matthew 6:31-33

Do you know what “worry” is? To worry means to be anxious or uneasy about something that may or may not happen. Did you know it’s impossible to be content or okay with what you have if you’re worried all the time? God doesn’t want that for you. God knows what you need and He has promised to provide for you. So instead of holding onto whatever it is you’re worried about, God wants you to trust Him.

Write down the things you’re worried about on strips of paper. When you feel that worry bubbling up, reread today’s verse. Then grab that slip of paper and rip it in half. Ask God to help you trust Him and put His kingdom first by doing what He wants you to do.

DAY 4

### Read James 1:17

When it comes to contentment, it’s important to stop and think about all the blessings God has given you. It starts with gratitude! If we’re always focusing on what we don’t have, contentment will be impossible! And because all good things come from God, it’s important to stop and tell God thank you.

Set a timer for one minute. Grab a piece of paper and pencil. Start the timer and make a “good things” list. These good things can be actual things like your bike or your new pair of sneakers. But they can also be people or pets or talents or abilities God has given you. For one minute, write down as many things as you can!

Because every good thing comes from God, we need to practice saying, “Thank you!” Go down your list one item at a time and thank God for every good thing He’s given you.

Don’t miss out on what you have now.

