



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."