



# Contentment

## Deciding to be okay with what you have

**BOTTOM LINE:** God can help you be okay no matter what. Read Proverbs 19:23

DAY

1

### Bible Verse

With the help of an adult, look up this week's Bible verse: **Proverbs 19:23**. Contentment is deciding to be okay with what you have. Make up a song to help you remember the verse and remind you to be content!

**ASK** God to help teach you how to become more content this month.

DAY

2

### Needs vs. Wants

Grab a piece of paper and something to write with. With the help of an adult, draw a line down the middle of the paper, on one side write **NEEDS** and on the other write **WANTS**. Under **NEEDS** write/draw things that you need every day, without question, like food, shelter, or water. On the other side, write/draw a list of things you **WANT** like toys or games. When finished, look over your list and talk about what being content looks like when you don't get everything you want, but you have everything you need.

**THANK** God for meeting all of your needs and even some of your wants.

DAY

3

### Quietly Content

Find a quiet place and talk to God. Ask Him to teach you contentment these next four weeks by praying something like this:

"Dear God, I pray that You will teach me contentment this month. Allow me to practice being content everyday with what You have given me. Thank You for always taking care of all of my needs and many of my wants. I love You, God. Amen."

**LOOK** for times that God is teaching you contentment in your life.

DAY

4

### I Got What I Need

Ask an adult if you can borrow their phone to take some pictures. Walk around the house and look at all the things God has given to you that help you live and be safe; like food, clothes, shelter. Snap a photo of these things. When you are done, scroll through your photos with the adult who let you borrow the phone and talk about what you took pictures of and how you are thankful for these things.

**KNOW** that God meets the needs of His children.

Color the picture  
of the child showing  
**CONTENTMENT**

