

# Upcycle: Roll with what you've got



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

### Bottom Line

God can help  
you be content.

Use this guide to help your family learn  
how God can help us be content.

## Activity

### Don't Get Stuck!

#### What You Need:

Painter's or masking tape

#### What You Do:

Create a circle on the floor using the tape. (If you don't have tape, you could create a circle on the floor using small stuffed animals or pillows.)

Ask the following questions, one at a time. If your kid gets one wrong, send them to the discontentment circle. (Make sure this feels silly and fun!) You can have them stand on one foot while they're in the circle, or do jumping jacks, sit-ups, push-ups, etc. You can change the activity if your kid gets overtired, or just to switch things up. The more they're in and out of the circle, the more fun the game will be. Feel free to personalize the game by adding some silly true or false questions related to your family.

#### True or False?

Sharks are mammals. (*False—they're fish*)

Humans have four lungs. (*False—we have two*)

Adult human skeletons have 208 bones. (*False—206 bones*)

Mars is the closest planet to the sun. (*False—Mercury is*)

You cannot cry in space. (*True*)

There are no words in the English language that rhyme with orange. (*True*)

"A" is the most common letter in the English alphabet. (*False—"E" is*)

Some animals can get a sunburn. (*True*)

Crocodiles have sweat glands. (*False*)

Camels have two sets of eyelids. (*False—they have three*)

## 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.*)

What's the difference between a want and a need? (*A need is something we need to live and be healthy. A want is something that we don't necessarily need.*)

What are ways we can learn to be okay with what we have? (*being thankful, being generous*)

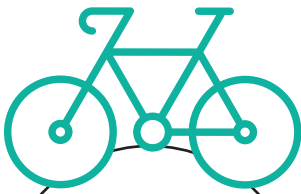
*Parent: Share a story about when things did not go well for you, but you were still able to be content. How did God help you find contentment despite your circumstances?*

## 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."

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### Bible Story

King Ahab and Naboth's Vineyard  
1 Kings 21:1-19, 27

### Bottom Line

Wanting more and more can make you miserable.

Use this guide to help your family learn how God can help us be content.

## Activity

### Mean Clean

#### What You Need:

Many stuffed animals, small pillows, towels, or blankets; painter's or masking tape; timer

#### What You Do:

Divide a room (or part of a room) into two sections. Then, split the remaining supplies (stuffed animals, pillows, etc.) across the two spaces, spread out.

Say, "We're going to play a game. This side of the room is yours. This side of the room is mine. The goal is to clean your side of the room by bringing everything from your side to my side. While you're trying to clean your side of the room, I'll be cleaning my side of the room, by bringing everything on my side to *your* side! There are two rules: 1. You can only bring *one* item at a time. 2. You can't throw items. You must cross over the line and place the item on the other side. Whoever cleans their side the best, wins!"

Set a timer for one minute. Play the game. When you're finished, count whose side has more pieces and name the winner!

\*Bonus: If you catch your kid trying to carry more than one thing at a time, use that as a teachable moment to say, "You can't bring more than one. Don't let wanting more disqualify you from our game!"

After the game, wrap up by saying, "It made the game a lot harder since you could only bring one thing at a time! I really wanted to grab more. Did you? (*Pause for response.*)"

## Talk About the Bible Story

What did King Ahab want? (*a vineyard that belonged to someone else*)

How did Ahab respond when he didn't get what he wanted? (*He laid in bed, not eating, pouting, and in a bad mood.*)

What does it mean to be content? (*learning to be okay with what you have*)

What do you usually do or say when you don't get what you want?

How can you choose contentment the next time you don't get what you want?

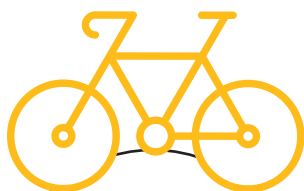
*Parent: Share about a time when you wanted something, and when you didn't get it, you weren't content. How did you respond? What could you have done differently?*

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, You are so good! Thank You for all the wonderful things, experiences, memories, and relationships You have given us. There are times when we really want something, and it can become all we focus on. There are times when we want what our friends and neighbors have. But we know that wanting more and more can make us miserable. Please help us to have content hearts by remembering what we do have. We love You, and we ask these things in Jesus' name. Amen."

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### Bible Story

Israelites Long for Egypt  
Exodus 16:2-21;  
17:1-7

### Bottom Line

Don't miss out on what you have now.

Use this guide to help your family learn how God can help us be content.

## Activity

### Rear View

#### What You Need:

Hand mirror, painter's or masking tape, timer

#### What You Do:

Create a path using the tape. (If you don't have tape, you can create a pathway using rolled-up towels or blankets.) Make sure your path has some winding curves! The trickier it is to follow, the better.

Say, "We're going to play a game. You'll walk backward down the path, using this mirror to see where you're going. The only rule is that you *cannot* turn around and look forward. You can only use the mirror to look behind you! Let's see how long it takes you to finish."

Time how long it takes your child to make it down the path using the hand mirror. If time allows, take a turn yourself!

Say, "It's tough to move forward while you're looking behind you, right? This game shows how hard it is to live in the past! The Israelites learned that in our Bible story today. Let's talk about that a little more."

## Talk About the Bible Story

Why were the Israelites upset? (*They said life in slavery in Egypt was better than waiting in the desert for the Promised Land.*)

How were the Israelites acting? (*They were miserable. They couldn't enjoy all that God had done by freeing them. They whined and complained.*)

Why is it important to remember what's good in your life RIGHT NOW?

What's the most exciting thing coming up in the next few months? How can you still look forward to those things, but enjoy where you are right now?

*Parent: Share about a time when you were either too focused on the past or longing for the future. What did you miss out on as a result?*

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, we appreciate all that You have given us, and we know that You'll be with us in the future too. Help us celebrate and be thankful for what You're doing in our lives right now. We love You, and we ask these things in Jesus' name. Amen."

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### Bible Story

Giving Freely to the Lord's People 2 Corinthians 8:1-5

### Bottom Line

You can always use what you have to help someone else.

Use this guide to help your family learn how God can help us be content.

## Activity

### Help Desk

#### What You Need:

Random items from your home (for example, plastic hanger, dish towel, box of bandages, ball, cup, plate, stuffed animal, book, pen, socks); large canvas or paper bag

#### What You Do:

With your child, take turns drawing random items out of the bag. Think of one way you could use each item to help other people. (Some ideas are below.)

- Hanger: Help with laundry.
- Ball: Offer to take your little brother outside to play while your parents are working.
- Cup: Get your older brother a drink while he's working in the yard.
- Plate: Offer to take someone's plate to the sink.
- Stuffed animal: Lend your favorite stuffed animal to your little sister when she's scared.
- Book: Share your favorite book with a kid in your class.
- Pen or marker: Write a "get well" note to someone who is sick.
- Pair of socks: Donate new socks to a homeless shelter.
- Box of bandages or travel-size tissues: Offer these to someone who is hurt or sick.
- Dishrag or towel: Help clean the bathroom or wipe off the kitchen counters. Now, share your drawing and see how close they got to your description. (Try to make the comparison silly so they don't feel like they did it wrong!)

Once you're finished, if time allows, try to think of a second way to help people with each item you've got—get creative!

## Talk About the Bible Story

How did the church from our story help others with what they had? (*They didn't have much, but with what they did have, they all shared or gave to others.*)

Even though you're still young, how can you help others? (*Just like the people in the early church, I may not have a lot of possessions, but I can help others with what I'm good at.*)

How can being content show others that you trust God?

What's one thing you can do this week to use what you have to help someone else?

*Parent: Share about a time when you used what you had to help someone else. It doesn't have to be an example of anything extravagant, but talk about how good it felt to give—even when you were just using what you had to help someone else.*

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, thank You for teaching us this month about what it means to be content or okay with what we have. We are grateful for all that You have given us. Help us pay attention this week so we can use what we have to help others. Thank You for loving us. We love You, God, and we pray these things in Jesus' name. Amen."