

# 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."

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



## DAY 1

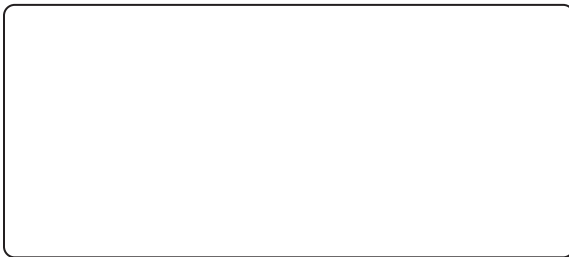
### Read Psalm 37:3-4

What do you really want?



### Draw A Picture

Set a timer for one minute and draw a picture of your answer in the box:



What did you draw? Is it something you can buy at a store?

This month is all about contentment, learning to be okay with what you have. When we think about what we have, we tend to think about our “stuff.” But contentment is about more than things you can buy or own. Contentment is really about trust! When you trust God to provide for you and choose to do good in the world around you, you’ll want what God wants. His desires will become your desires. Remember, God can help you be content, with or without what you drew in the box.

## DAY 2

### Read John 4:13-15

Have you ever been really thirsty? When you’re thirsty, what do you need? Water!

Jesus wasn’t talking about water you drink. Jesus was talking about living water. Because of Jesus, we can have a friendship with God here on earth and forever with Him. We won’t be “thirsty” or sad because when we put our trust in Jesus, we can be completely at peace, full of contentment.



### Water Relay Game

1. Grab two buckets, some tape, and a sponge. Fill one bucket with water and place on one side.
2. Stick a piece of tape on the outside of the second bucket, about an inch from the bottom and place it several feet from the first bucket.
3. Soak the sponge with as much water as you can from the water bucket then run to the second bucket and squeeze out the water. Repeat until you’ve filled the bucket to the tape line.
4. For an extra challenge, ask an adult to start a timer to see how long it takes you. Then go a second round to try to beat your time.

DAY 3

### Read Proverbs 19:23

Have you ever played “Follow the Leader?” See if your younger sibling or a younger kid on your block is available to play but let the younger player be the leader, not you.

Was it hard to follow someone younger than you? Were you tempted to take over?

Maybe you’ve never thought about it before but one big secret to contentment is recognizing who God is. He is the maker of all things, the only one powerful enough to control the wind and the waves. Having respect for God and following Him will always lead to peace and contentment.

This week, if you find yourself feeling less than “okay” with what you have, stop and talk to God. Tell Him why He’s awesome and ask God to help you trust and follow Him each day.

DAY 4

### Read Proverbs 28:25

We’ve been learning this week that God can help us be content. Today’s verse reminds us that wanting more and more and more stuff only causes more and more and more trouble. Because stuff doesn’t really make you happy or bring peace. Think about last Christmas. What was your favorite gift you received? That was ten months ago. Do you still play with that toy or ride that bike? Do you wish you had a newer, shinier version?

Stuff wears out. That’s why focusing on more and more stuff will never really make us happy. It just stirs up trouble. But trusting God to provide for you will always lead to success. When you find yourself wanting more and more, stop and ask God to help you trust Him to be content.

Have you ever helped cook dinner or baked a cake with your mom or dad? Select a recipe that requires stirring and ask a parent if you can make together. As you cook alongside your Mom or Dad, share this verse and talk about what it means.



God can help you  
be content.