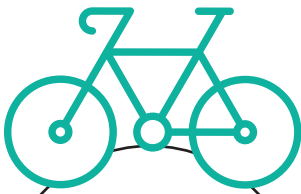


# Upcycle: Roll with what you've got



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

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."

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



## DAY 1

### Read Hebrews 13:5

Can you imagine a king, with ultimate power and authority, pouting on his bed like a preschooler? That's exactly what King Ahab did. His love for stuff and wanting more led him to say things and do things that got him into big trouble. If only he'd learned to be content.

**Remember, contentment is learning to be okay with what you have.** Notice the word "learning." This is something you have to practice! Every time you find yourself pouting or complaining like King Ahab, stop and think about where that behavior might lead. Because wanting more and more can make you miserable.

With a parent's permission, grab all the remote controls in your home, along with a pen and some masking tape. Write today's verse in your own words on separate pieces of tape and stick them to each remote control. Every time you use a remote this week, read the verse as a reminder not to be controlled by love for money or stuff but to be okay with what you've got!

## DAY 2

### Read 1 Timothy 6:6

The problem with wanting more and more is wanting more and more leads you to feeling like you never have enough. There's always the newest, shiniest, better, cooler thing right around the corner. **This kind of thinking only leads to DIScontentment.**

So maybe our focus should shift. What if we put all that "I really want it" energy into doing the right thing? 1 Timothy tells us that we can gain a lot by living a godly life. When our focus is on trusting God and making choices that honor Him, we'll start to see that stuff doesn't really make us happy. Loving God and loving others always leads to strong relationships.

To learn today's verse, let's play a game called "Gotcha!" Grab a sibling or friend. Read the verse together a few times. Then, read the verse aloud to your partner leaving out ONE word. As soon as your partner catches the mistake, they should yell "GOTCHA!" Then quote the verse correctly together. Switch roles and play again!

### Read Proverbs 21:26

Is it hard for you to be generous? When you have one cookie left and both you and your brother call dibs, what do you do?

**When it comes to being okay with what we have, it's super important to start with generosity.** Because when you are generous, it's impossible to hold on to what you have. You can't keep wanting more and more when you're generous and choose to share!

Here's a little generosity challenge. For the next 24 hours, whenever someone asks you to share or help, say, "YES!" Choose to be generous with your stuff and with your time. Give without holding back as our verse teaches and watch your contentment grow.

### Read Proverbs 23:4-5

When you think about what you have, you probably immediately think about stuff. There's stuff in your closet, stuff in your dresser, stuff under your bed or in your backpack. Sometimes we have so much stuff that we don't even remember what we have!

Wanting more and more can make you miserable because all that stuff doesn't last. God wants you to be okay with what you have so you can find contentment. When you find yourself wanting more stuff, picture a big pile of money. Then imagine that pile of money sprouting wings, becoming an eagle and suddenly flying away!

#### Fun Eagle Facts!

*Unscramble the words below as you read!*

Bald eagles can be found in all 50 states except

.....  
A I A I W H

The bald eagle has a wing span of over

..... feet!  
I X S

Did you know that even eagles like to play? Bald eagles sometimes toss or pass

..... to each other in the air!  
T I S C K S

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make you miserable.

