

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

Read Galatians 6:9



DAY

1

## Help Someone

Think about what you have and how you can share it with others. Is it donating toys you no longer play with, inviting a friend over to play, or drawing someone a picture? Pick someone to help and something you can do for them this week.

**Look for a way to help someone else.**

DAY

3

## Do Good

Read this week's bible verse and create motions to act it out! Find someone around you and teach the verse and actions to them too!

**Ask God to help you not grow tired of doing good.**

DAY

2

## Happy Helper

Grab some paper, something to write with and scissors. Think of three things that you can do to help out in your house today. Write or draw them on the paper, cut them out, fold them up and put them in a bowl. Set a timer for fifteen minutes and every time the timer goes off pick a new task out of the bowl.

Here are some ideas if you need help getting started: feeding your animals, picking up toys, taking out the trash, setting the table, cleaning up after a meal, washing the dishes.

**Know that you can always use what you have to help others.**

DAY

4

## Using Words to Help

Prayer is an easy and great way to use the words and thoughts that you have to help others. Think of a friend or family member you can pray for today. Use the prayer below to help you start your prayer.

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"Dear Father, I pray for *(their name)* I pray that you will *(what do you want him to do for them)*. Thank you for *(their name)*. I pray that I can use my words and actions to encourage them today. Amen."

**Thank God for giving us prayer to help others.**

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

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



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



## DAY 1

### Read Luke 3:10-11

Grab a timer and head to your room. Set the timer for 30 seconds and grab as many things from your room as you can. You can grab socks, toys, books, stuffed animals – whatever you can find! Pile it all on your bed. Ready? 30 seconds on the clock.... Go!

According to Luke, what should we do with our extra? Yes, share. One big secret to being content with what we have is looking at our stuff in a different way. Take a look at the pile of stuff on your bed. Instead of thinking, “This is my stuff” what if you thought “How can I use my stuff to help others?”

Set a timer for two minutes. Then, pick up each item and name one way you could share or use that item to help someone else. You can even name specific people you want to help. **Ready? Go!**

Even if you don’t think you have much, there is always something you can share. Even if it’s just your time. When someone needs help, use what you have to help! (Now, help out your Mom and Dad, set another timer for 1 minute and put ALL that stuff back where it goes!)

## DAY 2

### Read Acts 20:35

**What’s better?** Circle your answer below

Chocolate                      or                      Vanilla

Baseball                        or                      Basketball

Hot weather                    or                      Cold weather

Mountains                     or                      Beach

Giving                         or                      Receiving

~~~~~

We’ve been talking about contentment or learning to be okay with what you have. Paul wrote these words to the leaders of the early church. Once he put his trust in Jesus, Paul traveled all over, teaching people about Jesus and starting churches along the way. You’ve probably heard about Paul before.

But did you know that Paul was a tentmaker? He continued in this work so that he could support himself and could help others in need? Paul understood that wanting more, getting more, holding onto more wasn’t the goal! Jesus tells us it’s better to give than to receive.

Do you agree that it’s better to give or receive? As you pray today, ask God to help you focus on giving instead of getting so that you can practice being content.

DAY 3

### Read Matthew 5:42

Pretend there's this kid in your class. We'll call him Forgetful Fred. Forgetful Fred earned that name because he's always forgetting stuff. Every day, he asks someone if he can borrow some paper, or an eraser, or a brand new box of colored pencils.

One day, you're at the store and you find this cool two pack of mechanical pencils. You buy it with your own money and stick it in your backpack. But when you sit down at your desk the next day, there's Forgetful Fred, right in your face, eyeing the second pencil and asking to borrow it.

What do you do? Sure, you have two pencils but what if you lose one? Then you'd really need it, right?

Not so fast. Read today's verse again. When you have something someone else needs and have the ability to share, you should. When someone asks to borrow something, even if it's Forgetful Fred, you should say, "yes."

Grab a piece of paper and a pencil. Draw a picture of Forgetful Fred holding a pencil. Write out the words of today's verse at the bottom of the page as a reminder to be willing to use what you have to help someone else.

DAY 4

### Read James 1:5

All week long, we've been learning to use what you to have to help someone else. But maybe you're thinking, "I'm a kid! I don't have a job, or lots of money or stuff!"

If you aren't sure how to help, you can always ask God to show you! He will not say, "That's a really silly question!" God will show you how you can use what you have to help someone else. The One who holds all the answers to every question will never turn you away. When you need wisdom, you can always ask God.

Use the binary code to complete the picture below. For every 1, color in that corresponding square. For every 0, leave it blank. What do you see?

0	0	0	0	0	0	0
0	0	1	1	1	0	0
0	0	1	0	1	0	0
0	0	0	0	1	0	0
0	0	1	1	1	0	0
0	0	1	0	0	0	0
0	0	1	0	0	0	0
0	0	1	0	0	0	0
0	0	1	0	0	0	0
0	0	0	0	0	0	0
0	0	1	0	0	0	0

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

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journal writing lines consisting of horizontal dotted lines.



**Day 1**

After watching, write one thing that:

Go to [bit.ly/SundaysAtHomePreteen](https://bit.ly/SundaysAtHomePreteen) and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

**1. You liked:**

**2. You learned:**

**3. You'd like to know:**

Journal writing lines for the three prompts, consisting of horizontal dotted lines.

## Day 2

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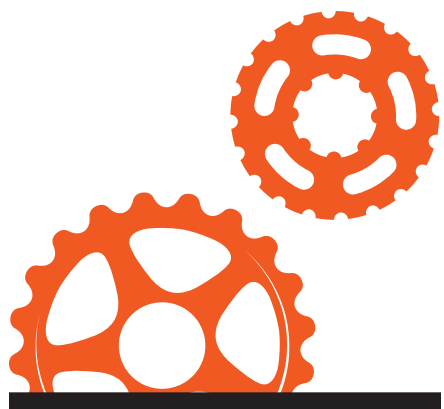
### Read 2 Corinthians 8:1-5

As you read 2 Corinthians 8:1-5, every time you read about how the churches in Macedonia gave something to others, circle it.

You have a lot of circles in these five verses, don't you??

The crazy thing is, these people had suffered a great deal, and they were very poor. But still, they gave.

If the Macedonians could give freely to others, **you can always use what you have to help someone else.**



## Day 3

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Sometimes we get so focused on what we don't have that we don't realize how much we do have that we could give to help others.

Personalize the words in this prayer and then pray it out loud, asking God to show you ways you can use what you have to help someone else. (P.S. Need help figuring out what to put in the blanks? Look back at what you talked about/wrote about last week that is good in your life!)



"Dear God, thank You for all

that You have given me, including

.....

and .....

Even though there are still things

that I might think I need, I know

that You have given me all that

I need when it comes to

.....

Please show me how I can use my

(talents, resources, time) to share

.....

with .....

I want to help others and show them

the love and care You've shown me! In

Jesus' Name, I pray. Amen."

## Day 4

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Today, use your words—something you have plenty of!—to help others. Here are some ideas:

1. Call a grandparent or other elderly relative or friend and check in on them. Tell them about your day and ask them about theirs!
2. Thank at least three people (be specific about what you're thankful for!)
3. Talk to God about someone in your life who is in need—and then let that person know you prayed for them!
4. Give your sibling—or a younger friend who maybe sometimes annoys you—a heartfelt compliment.

If you're feeling extra, pick 2-3 and be super generous with those words of yours. . . after all, you have unlimited words, and **you can always use what you have to help someone else.**



## Day 5

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**How can you use what you have to help others?**

It may seem a little catawampus . . . if I think I don't have enough, I should. . . give something away?? But it's amazing how your attitude will shift when you choose to use what you have to help others. Suddenly your eyes will be opened to just how much you actually do have!

Today, instead of giving out of what you have plenty of, try an extra-big challenge of giving something away that maybe you think you don't have enough of, or that you struggle with being content with. . . like, maybe today, you take what's left of your Halloween candy and hand it out to the little kids in your neighborhood (with a parent's permission). Or if you're feeling too busy and stressed, instead of sitting down to play video games to zone out, use that time to help your mom or dad around the house, or to play a game with your little brother or sister.

It's not always easy to use what you have to help others, but how amazing do you feel when you let go of what you want and use it to make others happy?!

