



Deciding to be okay with what you have

WEEK
ONE
K-5TH
GRADE

READ MATTHEW 6:25–26

DAY 1

Match these pairs of opposites.

MORE
ZERO
LOTS
NEGATIVE
PLENTY

POSTIVE
LITTLE
LACKING
LESS
INFINITY

Read Matthew 6:25-26. What is the one thing Matthew is saying we shouldn't do when it comes to our future and our needs? _____

Worry is the opposite of contentment. The next time you find yourself being worried about something, ask God to help you have faith that He will provide for you just like He does for the birds!

ASK God to help you trust Him no matter what.

READ 2 CORINTHIANS 12:10

DAY 2

Do your parents have any weights around the house they use for working out? If so, ask their permission to lift a couple of the smaller ones. If they don't, ask to borrow a couple of cans from the pantry. Hold them in front of your body, palms up, and lift them close to your body, working your biceps. Do as many as you can until your arms get tired.

Do you feel stronger? Probably not right away. But here's the cool thing about building muscles. When you lift weights, your muscles get tired, and it's because the muscle fibers are breaking down. But then when you rest your body, over time, those fibers heal, and they actually get stronger, which makes YOU stronger!

It's hard to imagine being glad when you're going through a hard time, isn't it? But when you rely on God for your strength, He makes you stronger even if you feel weaker. The more you rely on Him, the stronger your relationship will be, and the more you will be okay no matter what!

ASK God for the power to choose contentment no matter what you're facing.

READ PSALM 37:3-4

DAY 3

Christmas isn't too far away so go ahead and make a list of what you want to receive as a gift this year.

_____	_____
_____	_____
_____	_____
_____	_____

Now read Psalm 37:3-4 again. Do you think this means that if you "find your delight in the Lord," you'll get everything on your list? Nope. So what does it mean? When you truly "delight in the Lord" (which just means realizing that our true worth, identity and joy comes from Him!), what your heart really wants changes! It doesn't mean you won't still want a new toy or the latest movie, but you'll realize that isn't what's most important in life, and God will help you be content with what you already have!

THANK God for being your true source of joy and contentment.


READ 2 CORINTHIANS 9:8

DAY 4

Grab a blank sheet of paper, fold it in half and decorate the front to say "THANK YOU." On the inside, write a thank you note for all of the awesome things you have in your life. Think about all the relationships you have—a loving family, any siblings, your closest friends, your favorite teachers and coaches. Think about all the ways that you're provided for—like with food, clothing, a bed, or toys. And don't forget the things that you get to DO—like if you get to play at a park sometimes, take piano lessons or eat a kid's meal at your favorite restaurant.

Any idea who the envelope should be addressed to? If you said "God," you're right! Everything good we have comes from Him. Any time this week you're tempted to complain or feel sorry for yourself, pull out the thank you note and read some lines you wrote as a prayer to God.

KNOW that you always have something to be thankful for.



God can help
you be okay
no matter what.