



Deciding to be okay with what you have

WEEK
THREE
K-5TH
GRADE

READ JAMES 1:14-15

DAY 1

Have you ever turned water on REALLY hot by accident and stuck your hand under the water only to yelp in pain? Here's something fascinating. If you stick your hand under warm water and gradually turn it hotter and hotter, you'll likely get it as hot as you did the first time, but you just won't realize how hot it's gotten until it's too late.

The same thing can happen with jealousy. What might start out as admiring what someone else has can eventually turn into jealousy and coveting, which can rob us of our contentment before we know it. Instead, when you feel the jealousy creeping in, ask God to help you kick it to the curb!

ASK God for help to remain content even when others have something you want.

READ EXODUS 20:17

DAY 2

For each letter in contentment, think of something you are grateful for. Make the list below.

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Maybe your neighbor doesn't have a donkey that you really want, but we can all relate to wanting something that someone else has. Wanting what someone else has is normal, but when you focus on it, it can make you feel yucky. Instead, when you see something you want, sometimes what helps is to focus on what YOU have. Being grateful for what you have is great medicine for the bad feeling that jealousy brings.

KNOW that you can turn your jealousy into gratitude.

READ JAMES 4:1-3

DAY 3

Whatever you do, don't think about an elephant.

Don't think about a purple elephant.

Don't think about a purple elephant with pink polka dots.

Don't think about a purple elephant with pink polka dots balancing on a beach ball.

Let me guess. You couldn't help but picture that giant polka-dotted elephant teetering on a small beach ball, could you?

We can't control the thoughts that pop into our heads, but we can control what we focus on. The next time you find your thoughts drifting toward something someone else has, refocus on what you have to be thankful for.

ASK God to help you keep your focus on the gifts He's given you.

READ 1 CORINTHIANS 13:4

DAY 4

"Love does not want what belongs to others . . ." Have you ever thought about that? Not only does wanting what others have make us miserable, but it's also not loving toward others. That's because it's hard to be kind and loving to someone when you want what they have. Instead, the loving thing to do is celebrate what someone else has.

Think of someone who has something you want. Maybe it's a material object, like a video game, or maybe it's a talent or skill. Write that thing below.

Now write down a way you can be kind and loving to that person by celebrating what they have. Write a congratulations card, or just tell them how happy you are for them.

It may seem hard at first, but the more you practice celebrating others, the less you will be jealous of what they have.

KNOW that love does not want what belongs to others.



Wanting what
others have can
make you miserable.