

Philippians 4:11 (KJV) – “Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.

Sunday- What Does Contentment Mean?

Focus: Being happy with what God gives.

Teaching Point: Contentment doesn't mean you can't want nice things — it means trusting God and being thankful for what you have right now.

Activity: Hold up two cups — one full of water, one empty. Ask: “Which one are you thankful for?” Talk about how even a little can be enough when we're grateful.

Monday- Learning to Be Thankful

Focus: Gratitude grows contentment.

Teaching Point: When we thank God for what we have, we stop comparing ourselves to others and feel peace.

Activity: Make a “Thankful Jar.” Have your child write or draw one thing they are thankful for each day and add it to the jar.

Tuesday- Contentment Is a Choice

Focus: We decide how we feel about what we have.

Teaching Point: Paul says contentment is something we learn. Choosing to be happy with God's provision is a decision we make every day.

Activity: Give two scenarios: (1) Child has one toy while a friend has many. (2) Child has one snack while a sibling has a bigger one

Ask: How can you choose to be content in each situation?

Wednesday- God Helps Us Be Content

Focus: Contentment comes from trusting God.

Teaching Point: Paul learned contentment because he relied on God, not on possessions or circumstances.

Activity: Read a short story on someone from the Bible who trusted God (like Daniel in the lion's den or the Israelites in the desert). Discuss how trusting God helped them be content.

Thursday- Contentment in Difficult Times

Focus: Even when things are hard, we can still be content.

Teaching Point: Life isn't always easy, but God can give us peace and joy if we rely on Him.

Activity: Create a “Peace Poster.” Draw or write ways God provides even in tough situations (friends, food, family, safety).

Friday- Look Back, Look Forward

Focus: Contentment makes life happier and closer to God.

Teaching Point: When we practice contentment, we stop worrying about what we don't have and focus on what God has given.

Scripture Memorization: Have the child recite the scripture from heart.