

**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.