

# Contentment

*I have learned to be content whatever the circumstances.*  
(Philippians 4:11)

## Pre-Session Warm Up

[Teacher, demonstrate the use of a yoyo. Let some of the children try it.] Today we are going to learn how you and I are like a yo-yo, but first, let's open in prayer...

## Opening Prayer

Father, please teach us how important it is for us to be completely satisfied with all that You have given us and all that You have done for us. In Jesus' name, I pray. Amen.

## Memory Verse

*I have learned to be content whatever the circumstances. (Philippians 4:11)*

## Lesson

How do you think you and I are like a yo-yo? Notice it goes up and it goes down. That's like us. Sometimes we're "up" and sometimes we are "down." What makes you feel "up"? (Getting a good grade on a test, getting new toys or clothes, getting to go somewhere special.) What makes you feel "down"? (Not getting to do fun things or not getting to buy the things we want.)

God wants us to be satisfied all the time. Did you know it's like slapping God right in the face when we are dissatisfied with our lives? He has planned our lives from before the foundations of the world. He knows every breath that you will take before you take it. He knows every day of your life. He loves you and has a wonderful

plan for your life.

[Teacher, read the following passage and briefly review the situation the Israelites were in.]

Numbers 11:4-6

*The rabble who were among them had greedy desires; and also the sons of Israel wept again and said, "Who will give us meat to eat? "We remember the fish which we used to eat free in Egypt, the cucumbers and the melons and the leeks and the onions and the garlic, but now our appetite is gone. There is nothing at all to look at except this manna."*

Are you grateful for what God has given you, or are you always thinking about what you would like to have? We all need to appreciate the gifts that God has given us such as the food we have to eat, our good health, our families and friends and the wonderful gift of salvation that God has given us.

The 10<sup>th</sup> Commandment is, "you shall not covet" (Exodus 20:17). To covet means to wish you had something that someone else has. Coveting makes you resent that other person and may cause you to do harm to him. Possessions do not make you happy. True contentment in life only comes from God. True happiness is found in knowing how much God really loves us and in doing what He wants and expects us to do.

Pride is the thing that leads us to dissatisfaction with what we have. Pride keeps us hungering for more and more attention. Humility puts others first and allows us to be content with what God has given us. When we are humble we no longer have to prove ourselves to others.

Matthew 6:19-24

*"Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. "But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; for where your treasure is, there your heart will be also. "The eye is the lamp of the body; so then*

*if your eye is clear, your whole body will be full of light "But if your eye is bad, your whole body will be full of darkness. If then the light that is in you is darkness, how great is the darkness! "No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve God and wealth.*

God wants you to be content with what you have.

Philippians 4:6-7

*Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.*

God knows what you need better than you do. You can trust that He will supply all your needs.

Philippians 4:19

*And my God will supply all your needs according to His riches in glory in Christ Jesus.*

## Closing Prayer

[Teacher, discuss things that make us feel dissatisfied with our lives. Pray for each thing.]

Father, thank You for all the things we have and who we are. Help us to obey your Word by being satisfied with everything in our lives. In Jesus' name, we pray. Amen.

## Learning Activities

### OBJECT LESSON

Do the following activity to demonstrate contentment. Fill a bowl with

water, almost to the top. Ask each child to try to place a cork in the middle of the bowl. It will always drift to the side. Discuss how that cork represents us. We are always looking for something better and find it hard to stay in the middle and be contented. Discuss how God wants us to be content with what we have and how important it is for us to ask Him to help us be satisfied. Then very slowly add water to the bowl until the water level rises over the rim. Explain that this added water represents the contentment God gives us when we ask for it. Gently place the cork in the center, and it will stay this time!

### Craft Corner

### Game Center

#### **Review questions:**

Use the following questions in a game of your choice:

1. xxx