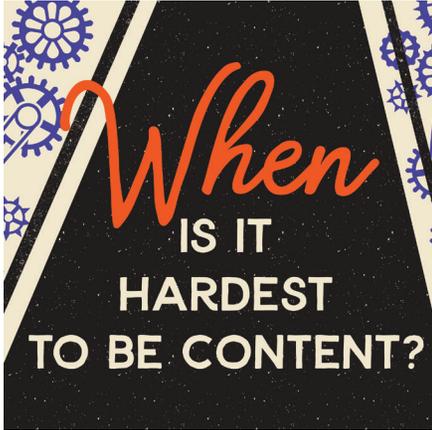


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the 'When is it hardest to be content?' prompt.



Day 1

After watching, write one thing that:

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read Philippians 4:11b-13

As you read Philippians 4:11b-13, write the follow math symbols above the text where it makes sense:

> for greater than, more than, enough, well fed, etc.

< for less than, not enough, hungry, etc.

= for content

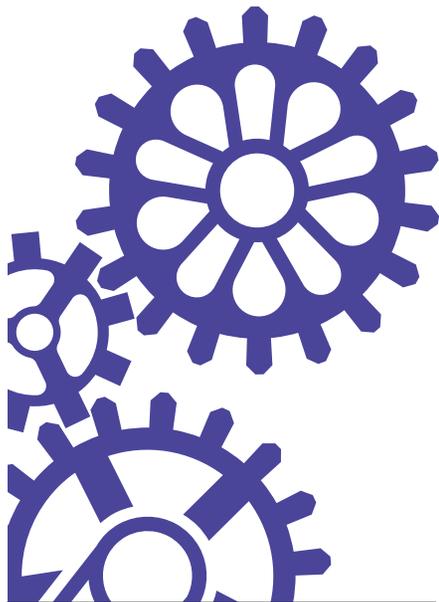
+ for power, strength, etc.

Where does your + come from when you feel <?

.....

~~~~~

If you said the power of Christ, you're right! **God can help you be content**, even when you feel you don't have enough.



## Day 3

---

### When do you find it hardest to be content?

Some people find that the more they get, the more they want. Others find it hard to be content when they see other people getting things they want. But all of us struggle with contentment at some time or another! Thankfully we're not in it alone—God can help us be content.

~~~~~

Personalize the prayer below, and after you pray it, hang it somewhere to remind you to start each day this week praying this prayer to ask God for help being content.

“Dear God, thank You for all that You have given me. I know I have so many blessings in my life, like

.....

But sometimes I get caught up in wanting more and more

.....

especially when

..... Please

help me to be learn to be okay with

what I have, and to recognize how

much You have already given me. In

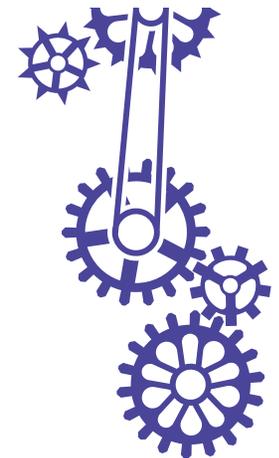
Jesus' Name, I pray. Amen.”

Day 4

Have you ever been around someone who is negative all the time?

It's not a lot of fun, is it? Spreading positive, encouraging words to others can be contagious; especially when people are struggling with contentment. Today, look for ways to remind others to look for the good (hint: it's much better to encourage others to be content by modeling contentment yourself!). You can do this by . . .

- Sharing with someone some of the things you are grateful for in your life. . .
- Sharing a Bible verse (maybe the memory verse for this month) that has encouraged you in your relationship with God. . .
- Sharing the prayer you personalized earlier in the week with your family and encouraging everyone to write out their own version of the prayer. . .
- Or any other way you can think of to help both yourself and those around you to choose contentment!



Day 5

When is it hardest to be content?

Paul's words of wisdom in Philippians 4:11b-13 are challenging enough, but then you learn that he wrote them when he was under arrest for telling others about God. It's really impressive to think about choosing contentment under those circumstances, isn't it?!

What is your version of Paul's experience? You've probably not been arrested, but no doubt there's a time when you've felt like the world was against you or when you've had to miss out on something really big and exciting, while watching others get to do it without out.

How can you be content during those times? Remember the words that Paul shared: *“I have learned to be content no matter what happens to me. . . . I can do all this by the power of Christ. He gives me strength.”*

Grab a sheet of paper and cut a thin strip off—wide enough to write on, and long enough to wrap around your wrist. Then write those words of Paul's on the strip, and tape it around your wrist. As you go throughout your day, whenever you see the bracelet, ask God to give you the power to choose contentment.