

Upcycle: Roll with what you've got



First, watch
this week's
video!

**Contentment:
Learning to
be okay with
what you have**

Memory Verse

"Then he said to them, 'Watch out! Be on your guard against wanting to have more and more things. Life is not made up of how much a person has.'" Luke 12:15, NIV

Bible Story

King Ahab and Naboth's Vineyard
1 Kings 21:1-19, 27

Bottom Line

Wanting more and more can make you miserable.

Use this guide to help your family learn how God can help us be content.

Activity

Mean Clean

What You Need:

Many stuffed animals, small pillows, towels, or blankets; painter's or masking tape; timer

What You Do:

Divide a room (or part of a room) into two sections. Then, split the remaining supplies (stuffed animals, pillows, etc.) across the two spaces, spread out.

Say, "We're going to play a game. This side of the room is yours. This side of the room is mine. The goal is to clean your side of the room by bringing everything from your side to my side. While you're trying to clean your side of the room, I'll be cleaning my side of the room, by bringing everything on my side to *your* side! There are two rules: 1. You can only bring *one* item at a time. 2. You can't throw items. You must cross over the line and place the item on the other side. Whoever cleans their side the best, wins!"

Set a timer for one minute. Play the game. When you're finished, count whose side has more pieces and name the winner!

*Bonus: If you catch your kid trying to carry more than one thing at a time, use that as a teachable moment to say, "You can't bring more than one. Don't let wanting more disqualify you from our game!"

After the game, wrap up by saying, "It made the game a lot harder since you could only bring one thing at a time! I really wanted to grab more. Did you? (*Pause for response.*)"

Talk About the Bible Story

What did King Ahab want? (*a vineyard that belonged to someone else*)

How did Ahab respond when he didn't get what he wanted? (*He laid in bed, not eating, pouting, and in a bad mood.*)

What does it mean to be content? (*learning to be okay with what you have*)

What do you usually do or say when you don't get what you want?

How can you choose contentment the next time you don't get what you want?

Parent: Share about a time when you wanted something, and when you didn't get it, you weren't content. How did you respond? What could you have done differently?

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, You are so good! Thank You for all the wonderful things, experiences, memories, and relationships You have given us. There are times when we really want something, and it can become all we focus on. There are times when we want what our friends and neighbors have. But we know that wanting more and more can make us miserable. Please help us to have content hearts by remembering what we do have. We love You, and we ask these things in Jesus' name. Amen."