



BE CONTENT

PART 2





OPENING PRAYER

(Anyone in the family is welcome to pray)

FAMILY CHECK-IN: (5 - 10 minutes, depending on family size): Using 3 words, describe how you're feeling today.

QUESTION: Do you think it's possible to always be content? Why or why not?

BIBLE VERSE: *"Not that I was ever in need, for I have learned how to be content with whatever I have."*
Philippians 4:11 NLT

FAMILY CONVERSATION:

Everything we have comes from God. He is faithful to provide what we need.

- Why do you think God doesn't always give us everything we want?
- Can you remember a time when you wanted something badly but didn't get it? Share how it made you feel.
- Aside from prayer, what are some things you can do daily to thank God for what He's provided for you?

TAKEAWAY:

God knows us and our desires better than anyone! While He may not always give us what we want, (which can make us feel disappointed), we can rest assured that He will always provide us with what we need. Oftentimes what God wants for us is better than anything we can imagine for ourselves.

FAMILY ACTIVITY:

Gratitude Prompt: This simple exercise is a great way to identify all the things you're grateful for. Each family member should complete the following sentences:

- I'm grateful for (name three family members)
- I'm grateful for (name three friends)
- I'm grateful for (name three things in my home)

FAMILY RECOGNITIONS

(5 minutes): The Affirmation Web - You'll need a ball of string or yarn. While holding the starting end of the string/yarn, toss the remaining ball to another family member and say something encouraging about that person. Repeat until the yarn is gone.

FAMILY PRAYER:

Lord, I pray that you bless our family with true happiness, peace and contentment in life. Please lead us away from a restless mind and anxiety, and give us peace. Please fill our hearts, minds and life with your love. In Jesus' name we pray, Amen!