



BE CONTENT

PART 1



OPENING PRAYER

(Anyone in the family is welcome to pray)

FAMILY CHECK-IN: (5 - 10 minutes, depending on family size): Share the best part of your day and the worst part of your day.

QUESTION: What does being content mean to you? (aim for about 15 - 20 minutes of conversation)

BIBLE VERSE: *"Then he said to them, "Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions." - Luke 12:15 NIV*



FAMILY CONVERSATION:

Contentment is the state of feeling satisfied with what you have, who you are or where you are.

- After hearing the definition of "contentment" do you believe being content and being happy are the same thing? Why or why not?
- Can you remember a time when you felt the most content? If so, tell us about it!
- What are some things that can keep you from being content?

3 WAYS TO PRACTICE BEING CONTENT:

- Love God more than anything. Following God's command for families found in Deuteronomy 6:5-6 is important. (Refer to bible verse.)
- Practice gratitude by looking for blessings in your everyday life and thanking God for them.
- Help others by donating your time, money or talent to someone in need. As you do this, you'll develop a greater appreciation for what you have and what you can offer to others.

FAMILY ACTIVITY:

Practice gratitude: Being grateful is the best way to feel content. Gratitude helps us focus on what is good in our lives rather than what we lack. One way to do this is to create a “Gratitude Jar”.

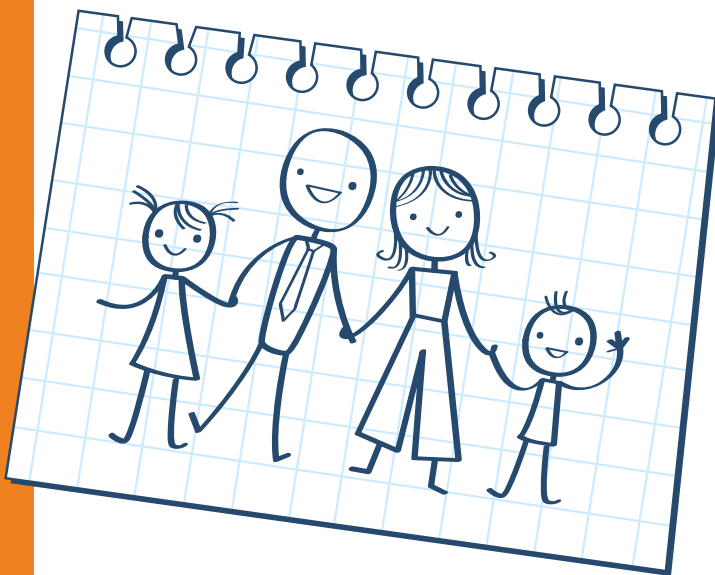
Supplies:

- 1 jar
- Ribbon or other decorations (optional)
- Paper and pen

Directions:

1. Decorate your jar by tying a ribbon around it, writing on it, placing stickers on it.
2. Using small slips of paper, write down one thing you're grateful for on each slip. Fold and place in your jar.
3. Every week, set a reminder for everyone in your family to add a note or two of what they're grateful for.
4. Whenever your family needs a pick-me-up, pull one or two slips from your gratitude jar as a reminder of how God has blessed your family.

Note: *If you're hit with a sudden wave of gratitude while away from home, type it in your phone so you'll remember to add it to the jar later.*



FAMILY RECOGNITIONS (5 MINUTES):

Acknowledging personal (and family) accomplishments help you to experience contentment more often. Take a moment to allow each family member to celebrate a personal “win”.

FAMILY PRAYER:

Lord, You are so good to us! You are the God of the Universe and You owe us nothing, yet You've given us everything we need. All the things we have are gifts from You. Please let us grow with a heart of contentment and be grateful for all things, especially the gift of your son. It's In Jesus' name we pray, Amen.