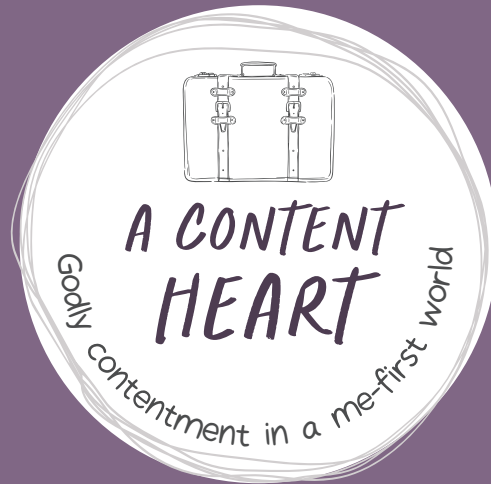




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Everywhere I go
and in any situation—
I can be content.

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WHAT'S IN THIS Study?

→ *LEARNING CONTENTMENT*

- DAY 1: Upside-Down World
 - DAY 2: Truth and Lies
 - DAY 3: Where Am I Now?
 - DAY 4: A Real Look at Poverty
 - DAY 5: What is Contentment?
-

→ *CONTENT WITH MYSELF*

- DAY 6: A Content Heart
 - DAY 7: My Appearance
 - DAY 8: My Abilities
 - DAY 9: My Rights
 - DAY 10: My Place
-

→ *CONTENT IN ALL CIRCUMSTANCES*

- DAY 11: My Family
 - DAY 12: My Work
 - DAY 13: My Finances
 - DAY 14: My Situation
 - DAY 15: My Time
-

→ *CONTENT WITH GOD'S PROVISION*

- DAY 16: My Food
- DAY 17: My Space
- DAY 18: My Stuff, Part 1
- DAY 19: My Stuff, Part 2
- DAY 20: My Gifts



Primary Level

DAY

6

A Content Heart

Today we are going to study three specific things we should be doing if we have a content heart.

 A content heart is always thankful.

Read ^{KEY VERSE} **1 Thessalonians 5:18**. When should we be thankful? Circle the word from the sentence above.

God wants us to be thankful ALWAYS, no matter what happens. That's not easy to do, but we know we can be thankful for even the bad things because we know that God is always good and that He always works for our good.

 A content heart rejoices with others.

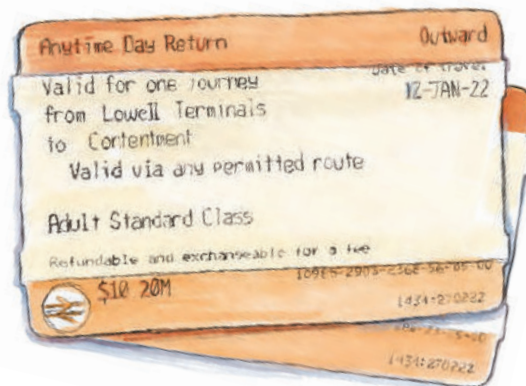
Read **Romans 12:15**. What should you do when someone shares good news with you?

The Bible tells us to rejoice with those who rejoice. That means, if your friend gets a new toy, you should be excited with your friend about that new toy, not jealous or sad you didn't get that toy.

 A content heart puts others first.

Read **Philippians 2:3**. The final step to a content heart is to serve others and count them better than ourselves. That means we put the needs of other people first!

A content heart
is always thankful,
rejoices with others,
and puts others first.



Draw 3 things you're thankful for.

Draw something you are happy your friend or sibling has.

Draw a way you can put your friend first.

Ask God to give you the desire to be truly content
in the three ways we learned today.

Junior Level

Let's begin our study of contentment by learning what a truly content heart looks like.



A content heart is always thankful.

Read ^{KEY VERSE} **Thessalonians 5:18**.
When should we be thankful?



God wants us to be thankful no matter what happens. That's not easy to do! We know we can be thankful for even the bad things because God is always good, and He always works for our good.

Now let's read **Philippians 2:14**.
Not only are we to be thankful in all things, this verse reminds us that we need to stop complaining, too. A heart that complains is not thankful or content.



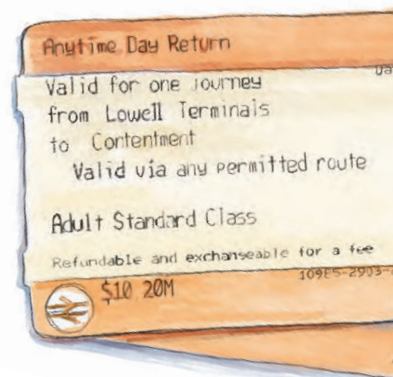
A content heart rejoices with others.

When someone around you has great news, what is your response? Let's look at what the right one should be.

Read **Romans 12:15**. What should you do when someone shares good news with you?

Things I'm Thankful For:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



A content heart puts others first.

We know that we can't be jealous, but there's a bit more to it. A content heart truly seeks to serve the needs of others BEFORE serving its own.

Read **Philippians 2:3** and write it below.

Circle the words in the verse that you think are the hardest for you.

The world says we should “take care of ourselves first”, and it makes no room for anyone who stands in our way. But God has very different priorities.

A content heart is always thankful,
rejoices with others, and puts others first.

Which of the three truths about a content heart that we learned today is hardest for you? How will you work on that this week?

1. always thankful
2. rejoices with others
3. puts others first



Pray and ask God to give you the desire to be truly content!

Youth Level

DAY

6

A Content Heart

Let's begin our study of contentment by learning what a truly content heart looks like.

 A content heart is always *thankful*.

Read ^{REVERSE}  *1 Thessalonians 5:18* and write it.

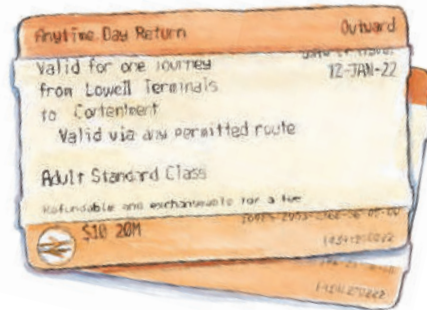
Circle the phrase that tells you WHEN to be thankful. List 10 things you are thankful for:

» _____	» _____
» _____	» _____
» _____	» _____
» _____	» _____
» _____	» _____

There are so many other verses on this topic, but this one makes it pretty clear, doesn't it? God wants us to be thankful no matter what happens. We can be thankful for even the bad things because we know that God is always good and that He always works for our good.

Read *Philippians 2:14*. Can you complain and be thankful at the same time? Nope!

Being thankful also means no more complaining, deal?



 A content heart *rejoices* with others.

When someone around you has great news, what is your response? Let's look at what the correct response should be. Write what you learn from these verses.

Romans 12:15 _____

James 3:14-16 _____

Contentment means not being jealous or selfishly wanting something for yourself. Not to be the bearer of bad news, but life is not always fair. In fact, it's almost never fair. But that is a good thing because you wouldn't want the "fair" punishment you would deserve if God hadn't sent Jesus to die (or pay) for your sins. As a Christian, there is no room for the attitude that says, "That's not fair." It's time to rejoice with the other person!

Write about a recent time when something good happened to a friend or family member. What was your response? Was it the right response? If not, what SHOULD have been your response?

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 A content heart *puts* others first.

We've established that we can't be jealous, but there's a bit more to it. A content heart truly seeks to serve the needs of others BEFORE serving its own.

Read *Philippians 2:3* and write it below.

Circle the words in the verse that you think are the hardest for you. This is a hard one, isn't it? There's no doubt that this is one of the verses in the Bible that most people want to skip over. The world says we should "take care of ourselves first", and it makes no room for anyone who stands in our way. But God has very different priorities. I can't wait to dig into this one more later.

A content heart is always thankful,
rejoices with others, and puts others first.

Review each of the three markers of a truly content heart. Ask God to give you the desire to be truly content!

Parent Guide

DAY

6

A Content Heart

Have you ever considered what a truly content heart might look like? Let's explore that today.



A content heart is always *thankful*.

Read ^{VERSE} *1 Thessalonians 5:18* and write it.

Circle the phrase that tells you WHEN to be thankful. List 10 things you are thankful for:

» _____	» _____
» _____	» _____
» _____	» _____
» _____	» _____
» _____	» _____

There are so many other verses on this topic, but this one makes it pretty clear, doesn't it? God wants us to be thankful no matter what happens. We can be thankful for even the bad things because we know that God is always good and that He always works for our good.

Read *Philippians 2:14*. Can you complain and be thankful at the same time? Nope! Being thankful also means no more complaining.



A content heart *rejoices* with others.

When someone around you has great news, what is your response? Let's look at what the correct response should be. Write what you learn from these verses.

Romans 12:15 and James 3:14-16

Contentment means not being jealous or wanting something for yourself. I hate to tell you this, but life is not always fair. In fact, it's almost never fair. But that is a good thing because you wouldn't want the "fair" punishment you would deserve if God hadn't sent Jesus to die (or pay) for your sins. As a Christian, there is no room for the attitude that says, "That's not fair."

Write about a time when something good happened to a family member. What was your response? Was it the right response? If not, what SHOULD have been your response?

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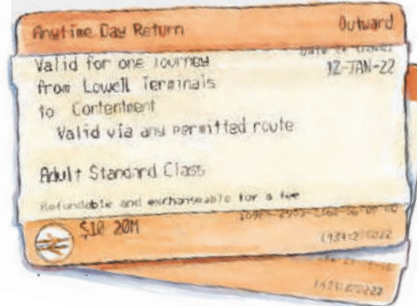
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Share this story with your children. It will help them visualize what we are learning and grow your relationship. When we realize that others struggle too, we feel like we can rise above instead of live in defeat.



A content heart *puts* others first.

We've established that we can't be jealous, but there's a bit more to it. A content heart truly seeks to serve the needs of others BEFORE serving its own.

Read *Philippians 2:3* and write it below.

Circle the words in the verse that you think are the hardest for you. This is a hard one, isn't it? There's no doubt that this is one of the verses in the Bible that most people want to skip over. The world says we should "take care of ourselves first", and it makes no room for anyone to stand in our way. But God has very different priorities. I can't wait to dig into this one more later.

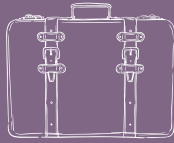
A content heart is always thankful,
rejoices with others, and puts others first.

Review each of the three markers of a truly content heart. Ask God to give you the desire to be truly content!

Scripture: 1 Thessalonians 5:18

Key Truth: A content heart is always thankful, rejoices with others, and puts others first.

Discussion: Which one of these is the hardest for you to do?



A CONTENT HEART

Struggling to fight off the consuming **me-first**,
“gimmie” attitude of the world today?

In a world of instant gratification, upside-down priorities,
and exaggerated selfies, we need something to help us
understand how to be truly **satisfied** and content
with what God has given us.

This Bible study will help you dig into God’s Word
for the truths you need to make the daily choice of
finding contentment in Christ alone!

