



Family Time

**Main Idea:
Learning Contentment**



Key Verse: Philippians 4:11-12

¹¹ I don't say this out of need, for I have learned to be content in whatever circumstances I find myself. ¹² I know how to make do with little, and I know how to make do with a lot. In any and all circumstances I have learned the secret of being content—whether well fed or hungry, whether in abundance or in need.



Set it Up:

What is something you would like right now as a gift? (A toy, doll, motorcycle, clothes, etc.)

Where did you learn about this cool thing you want? (Probably on TV or from friends.)



Discussion:

There is nothing wrong with wanting cool things like toys, bikes, and clothes. But when we want things too much, it can lead to problems.

What does the Bible say about contentment? Contentment means learning how to get along happily with little or much. It's the "being full" feeling, instead of feeling empty. Can you think of a time when you felt this way?

Look up contentment in the dictionary and talk about what it means. Ask: How does contentment help us at home? (We learn to be happy with what we have and thankful for it.)



Activity:

Get a can of fruit, can opener, bowls, and spoons. Pass around the can of fruit and call attention to the "content." It might say "24 ounces of peaches in their juice." Food products are required to have the content description on them.

What would you think if we opened this can of fruit and instead of fruit there were snails in the can?

What if it was only half full?

Open the can. Show that the contents of the can are full.

We are content when we are full. But when we focus on what we have, we sometimes end up feeling half full. We are not content; we are whiny and want more things. Instead, we need to focus on God. He will keep us full and content in all things.

