

Contentment – At Home Family Lesson

Bible Story: Because I'm Happyyyyyyyyyy! (Be content/Paul in prison) • Philippians 4:11b-13

Memory Verse: "I have learned the secret to being content no matter what happens. I am content whether I am well fed or hungry. I am content whether I have more than enough or not enough." Philippians 4:12b, NIV

Life App: Contentment—deciding to be happy with what you've got.

Worship Suggested Songs: King of My Heart (Bethel Music); Trading My Sorrows (Shout Praises Kids)

Watch the complementary videos together as a family. (Links Below)

1. Video and Teaching

What You Say: "Being content means to be happy with what you've got. Being content doesn't come naturally to any of us. **Open the Bible together and read Philippians 4:11b-13.** Paul wrote this while he was IN PRISON. Paul LEARNED to be content no matter what. The only way he could do that was because of the strength that came from knowing Jesus and the power of the Holy Spirit living inside him. If you believe in Jesus, you will have that same strength. No matter what happens or where you find yourself, you can always ask for strength and choose to be okay."

2. Nature vs. Nurture

What You Need: No supplies needed

What You Do:

- Guide family members to do some learned skills:
 - Tie shoes
 - Do jumping jacks
 - Sing the alphabet song
 - Do a somersault
- Explain that those are all things they had to learn to do.
- Talk about some other things they have learned to do, such as: play games, make a sandwich, write their name, color a rainbow, etc.
- Ask family members to do some things that come naturally:
 - Walk
 - Chew / swallow
 - Move their arm
 - Smile
- Explain that those are things they didn't have to learn. They just naturally were able to do them from the time they were born or when they got a little bit older.
- Talk about some other things people don't have to learn, such as: talk, sleep, crawl, hear, see, etc.

What You Say: "We've seen that there are some things we do that nobody has to teach us. We're just able to do them because we're human. But other things have to be learned. Being content is one of those things we have to learn to do. It's not something that comes naturally. We have to think about it and ask God to help us do it. The Apostle Paul said these words WHILE IN PRISON: *I have learned to be content no matter what happens to me (Philippians 4:11b NIV).* How was he able to do that? Because he trusted in God. He knew he would be okay because **[Bottom Line] God can help you be okay no matter what.**"

3. Pray and Bless

What You Do: Ask your family to think about things that make them feel disappointed. Encourage them to praise God for helping us be okay when those things happen. Give family members a moment to pray silently and then close your time together with a prayer of your own.

What You Might Say: "Dear God, I know I can sometimes be focused on the things I want more of, or even the things I believe I need. Today I want to worship you for all that You have given us. I pray that you help me remember that **[Bottom Line] God can help you be okay no matter what.** Help me to remember that my life is all about You and not the things I have. Pray for prayer requests. In Jesus' name, amen."

4. Weekly Family Devotional Sheet Available (link below)