

# Upcycle: Roll with what you've got



Use this guide to help your family learn how God can help us be content.

First, watch this week's video!

**Contentment: Learning to be okay with what you have**

### Memory Verse

"Then he said to them, 'Watch out! Be on your guard against wanting to have more and more things. Life is not made up of how much a person has.'" Luke 12:15, NIV

### Bible Story

King Ahab and Naboth's Vineyard  
1 Kings 21:1-19, 27

### Key Question

What can you do when you find yourself wanting more and more?

## Activity

### Penny for Your Toss

#### What You Need:

Several pennies

#### What You Do:

Tell your child that you're going to have a contest. Have them put their hand near their ear, and elevate their arm so their elbow is pointing straight out. Give your child a penny and tell them to balance the penny on their elbow. Now, challenge them to throw their arm down, dropping the penny from their elbow, and try to catch the penny before it hits the ground.

Allow them to practice a few times, and practice alongside them. When you've both got the hang of it, the competition is on.

Start by catching one penny. Then add a second and try to catch both of them. Keep going until one of you can't catch all of the pennies. When you've determined a winner, say, "The more and more pennies we tried to balance, the harder it was to catch them all—and pennies ended up flying everywhere! That's what can happen when you want more and more stuff. Eventually that stuff becomes too much stuff."

## Talk About the Bible Story

What did King Ahab want? *(a vineyard that belonged to someone else)*

How did Ahab respond when he didn't get what he wanted? *(He laid in bed, not eating, pouting, and in a bad mood.)*

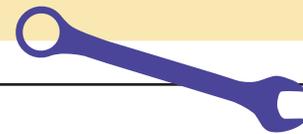
Can you think of a time when you really wanted something you didn't get, or you wanted a better version of something you already had? How did you act?

Is it possible to want something and still be content? Why or why not?

How can being content show that you trust God?

*(If applicable)* How does social media affect our ability to be content with what we have?

*Parent: Share about a time when you wanted something, and when you didn't get it, you weren't content. How did you respond? What could you have done differently?*



## Prayer

**Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:**

"God, You are so good! Thank You for all the wonderful things, experiences, memories, and relationships You have given us. There are times when we really want something, and it can become all we focus on. There are times when we want what our friends and neighbors have. But we know that wanting more and more can make us miserable. Please help us to have content hearts by remembering what we do have. We love You, and we ask these things in Jesus' name. Amen."