FOR KIDS AGES 5–11

Being Content

How to be happy with what you have and trust God

Overview

Being content means you are happy and peaceful with what you have right now. You do not always need more toys, more stuff, or something different. God gives us good things because He loves us. When we are thankful for those things, it is easier to be content. Contentment is like patient thankfulness. It is also trusting that God will take care of us. And it means knowing that what God gives is enough. Jesus is the most important gift of all. If we have Him, we have what we need most.

Big Ideas

- **Contentment means being happy with what you have.** You do not have to want more all the time.
- **It starts with being thankful.** When you say thank you for what God has given, your heart feels more peaceful.
- **Patience helps.** When you have to wait, you can still be thankful for the moment instead of getting upset.
- **Trusting God helps.** Even when things feel hard or you do not have everything you want, you can trust that God is taking care of you.
- **God's grace is enough.** We do not need everything to be perfect. What He gives is enough.
- **Jesus is enough.** The biggest question is whether you are happy knowing Jesus loves you.

Fun Questions to Think About

1. What is one thing you already have that you can thank God for today?
2. When you have to wait for something, what can you think about that is good instead of getting mad?
3. Is there something you really want right now? How can you trust God with that?
4. What does it mean that Jesus is enough?
5. How can you help a friend or family member feel happy with what they have?

Things You Can Do This Week

- Each day, say thank you to God for one thing you already have.
- When you feel impatient, stop and name one good thing about the moment.

- Pray: “God, help me trust You and be happy with what You have given me.”
- Share something you have with someone else (a toy, a snack, or a kind word).
- Ask a grown-up to help you remember that Jesus loves you no matter what.

Fun Group or Family Talk Ideas

- Talk about a time you had to wait and how you felt. What could help next time?
- Go around and name one thing you are thankful for. Celebrate each one.
- Act out a short story about someone who is happy with a little instead of wanting more.
- Discuss why comparing what we have with others can make us unhappy. What is better?
- Pray together and thank God for His love and for giving us what we need.

Be thankful. Trust God. Remember that Jesus is enough.