







A NOTE TO CHRISTIAN EDUCATORS:

Thank you for downloading this Bible Thematic Lesson.

This first page contains different sections to help you when planning for your class, for example, Home-school, Sunday School, Bible Study, Bible Club, Mission class, etc.

We suggest that you print pages 2 - 4 and distribute them to your students.



Topic:

CONTENTMENT



Read the Bible References: The Bible references can be read by different children if possible. Or the teacher can read them.



Goal of Lesson:

• To understand that in lesus, you have all the things that you need.



Lesson Takeaway:

You are special. Be your best self and don't copy someone else. God knows what you need and when you need it. He will give you all that you need at the right time – He will always be on time.



OTHER FREE RESOURCES YOU CAN DOWNLOAD:



On our website, you can download as many resources as you want. Please visit our website to find "Bible Lessons", "Bible Activities", "Bible Story Teaching Packs", "Bible Object Lessons", "Devotional for Kids", "Digital Resources", etc. We are constantly adding more materials, so, kindly check back.









Date:



Topic:

CONTENTMENT



Bible References:

Philippians 4:10-13;

1 Timothy 6:6-10; Hebrews 13:5-6



Explain the meaning of contentment.

Contentment is a state of happiness and satisfaction. When you are content, you don't secretly wish you were someone else or you had what someone else has. You are happy with what you have, what you are doing and who you are.



What does the bible say about contentment?

From the bible, we understand that contentment comes from the inside, from our hearts. It is a sense of joy and happiness that we cannot explain. The joy and happiness we feel is not because of a new gift or delicious food we ate. It is joy that only God can give to the people who love and trust Him (see Psalm 84:11; Philippians 4:19).

When we are content, it is not because we have everything that we need.

In fact, we might not have enough physical things or have exactly what we need. We are content because we know that God has promised to take care of us, and we can trust Him to keep His promises.

In Psalm 23:1, David writes, "the Lord is my shepherd; I shall not want". David was very confident that God will provide all that he will ever need. This knowledge and confidence in God's promises, lead to contentment.









How can we have contentment today?

In our world today, we constantly face the temptation to want more things, or to get the latest things even when we don't really need them. We constantly compare ourselves with others and try to copy them or do better than them.

The bible says in 2 Corinthians 10:12 that it is foolish to compare ourselves with others.

With social media today, like Facebook, Instagram and TikTok, there is so much pressure to be like someone else. There are so many "challenges" inviting you to show that you can also do the same thing that someone else has done. But is this not supposed to be just fun? Well – not exactly. The ungodly world wants you to view such things as fun, but those activities could have negative impacts. Those "fun challenges" have led some people to become discontented with their lives, their skills, talents, and achievements as they begin to compare themselves with what others have done. The danger in living a life of discontentment is that it leads to all kinds of evil including greed, jealousy, envy, lies, anger, hatred, loneliness, murder and even suicide.

God invites us to come into the life of contentment. With His grace, we can learn to trust Him and be satisfied with what God is doing with our lives.

But should we not desire to become better? Of course, you should! The desire to become better, to learn new things, to get new things is healthy and normal. The problem is when that desire is coming from a place of greed, foolish comparison or just wanting to outdo someone else. So, the right question is: why do I want more?

Finally, be content with who God has made you. Don't try to change yourself into becoming someone else. Learn new things, and develop your skills, but don't live your life trying to be another person. God made you unique and special, so, be the best version of you.









Memorize:

1 Timothy 6:6-7 - "But godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world".



Questions:

- (i) How can you remain joyful and happy when you don't have all that you want?
- (ii) How can you say "no" to the pressure to copy or be like someone else?



Remember:

You are special. Be your best self and don't copy someone else. God knows what you need and when you need it. He will give you all that you need at the right time – He will always be on time.



Let us pray: Dear God, help me to be content with all you have given me. Help me to trust You and be the best you want me to be in Jesus' name. Amen.



Thank you for downloading this resource. Feel free to send us your comments, feedback or questions.

We will like to hear from you.

Contact us on our Facebook page or email us. God bless you!