

# Contentment is learning to be okay with what you have.

Read Matthew 6:26



DAY

1

## So Good!

God knows everything about you and gives you everything you need. God doesn't make mistakes so you can trust He created you perfectly. He loves the way you look, the things you like, and everything in between.

### "About Me" Poster

1. On a piece of paper, write or draw everything that makes you special. Include the things you like or the things you do!
2. Hang it someplace special to remind you to love who you are too!

**THANK God for creating you so special.**

DAY

2

## Use What You Have

Think of something that you can do for someone else today using only what you have. Do you have a special talent that you can use to make someone smile? Maybe it's baking, creating a dance, drawing or being a good listener? Use that special talent that God gave you to make someone's day special!

**LOOK for what you can use to show others you care using what you have.**

DAY

3

## Worth More

Look up this week's Bible verse. Read it out loud or listen to it being read to you. Say the verse out loud a few times but every time you repeat the verse, change your voice! Here are some ideas of voices you can use: robot, whisper, shout, or a squeaky voice!

**KNOW that God will always take care of you.**

DAY

4

## Everything I Need

God will always help you. He can help if you are sad, happy or anytime in between. Let's talk to God and thank Him for always being there.

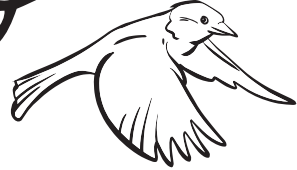
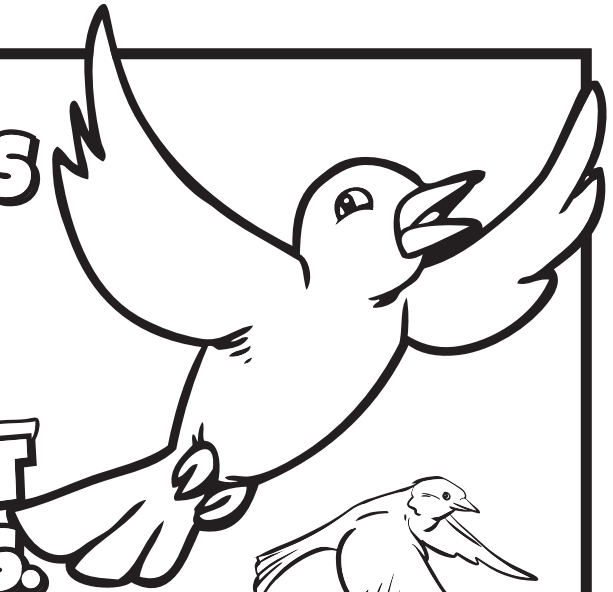
"Dear God, Thank you for always being there to help me. You take care of me and love me so much. I know that you are always going to be there. Thank you for making me so special and giving me everything I need."

**ASK God to always remind you that He is there.**

**God can help you be okay no matter what.**

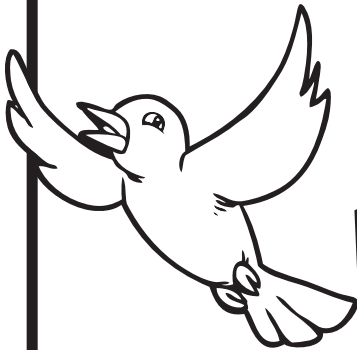


**LOOK AT THE BIRDS  
OF THE AIR.**

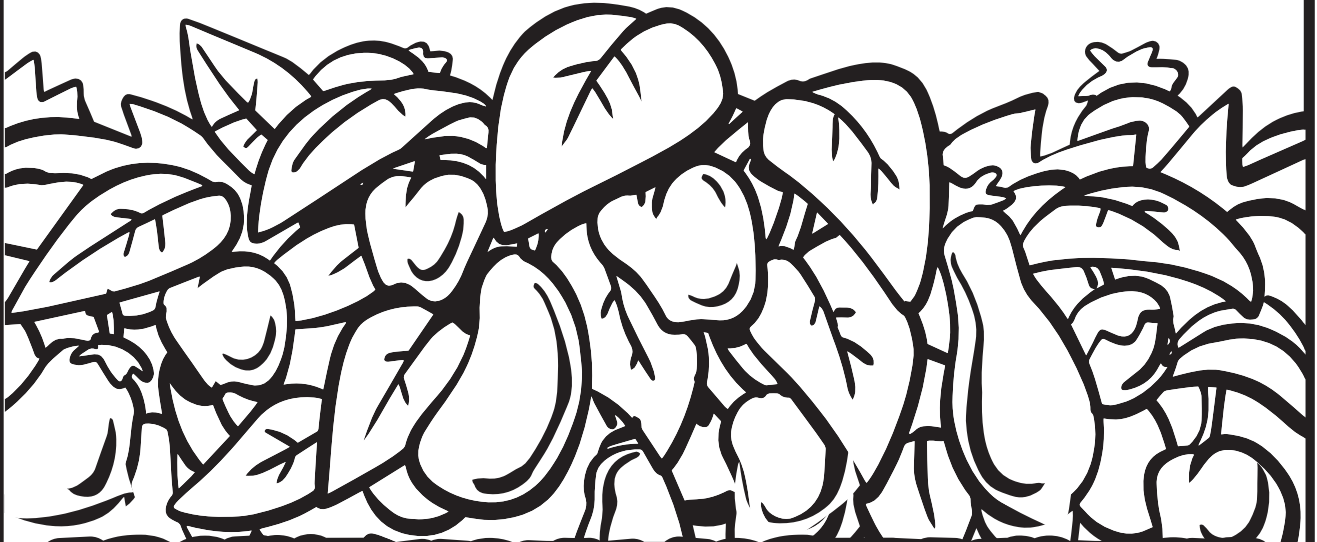


**THEY DON'T PLANT  
OR GATHER CROPS.**

**THEY DON'T PUT AWAY  
CROPS IN STORE ROOMS.**



**BUT YOUR FATHER WHO IS  
IN HEAVEN FEEDS THEM.**



**AREN'T YOU WORTH MUCH  
MORE THAN THEY ARE?**