

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

Read Galatians 6:9



DAY

1

## Help Someone

Think about what you have and how you can share it with others. Is it donating toys you no longer play with, inviting a friend over to play, or drawing someone a picture? Pick someone to help and something you can do for them this week.

**Look for a way to help someone else.**

DAY

3

## Do Good

Read this week's bible verse and create motions to act it out! Find someone around you and teach the verse and actions to them too!

**Ask God to help you not grow tired of doing good.**

DAY

2

## Happy Helper

Grab some paper, something to write with and scissors. Think of three things that you can do to help out in your house today. Write or draw them on the paper, cut them out, fold them up and put them in a bowl. Set a timer for fifteen minutes and every time the timer goes off pick a new task out of the bowl.

Here are some ideas if you need help getting started: feeding your animals, picking up toys, taking out the trash, setting the table, cleaning up after a meal, washing the dishes.

**Know that you can always use what you have to help others.**

DAY

4

## Using Words to Help

Prayer is an easy and great way to use the words and thoughts that you have to help others. Think of a friend or family member you can pray for today. Use the prayer below to help you start your prayer.

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 "Dear Father, I pray for *(their name)* I pray that you will *(what do you want him to do for them)*. Thank you for *(their name)*. I pray that I can use my words and actions to encourage them today. Amen."

**Thank God for giving us prayer to help others.**

You can always use what you have to help someone else.

**You can always  
use what you  
have to help  
someone  
else.**

