

# 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**

Israelites Long for Egypt  
Exodus 16:2-21;  
17:1-7

**Key Question**

What is good in your life right now?

## Activity

### Rather Gather

**What You Need:**

Painter's or masking tape

**What You Do:**

On the floor, create two circles using the tape. The circles should be close together, and large enough that your child can stand inside them. (If you don't have tape, you could create circles using small pillows or rolled-up towels and blankets.)

Say, "We're going to play a game. I'll give you two options for what you'd rather eat. The first option will be circle one (*indicate*), and the second option will be circle two (*indicate*). You'll answer by hopping in circle one or circle two. Once you answer, you'll hop out of the circle onto neutral ground to get ready for the next question. Ready?"

Which would you rather eat?

Circle one for pizza, or circle two for burgers  
French fries or potato chips?  
fried chicken or fried shrimp?  
Skittles or chocolate?  
grass or dirt?  
peanut butter or Nutella®?  
an earthworm or a bug?  
pickles or pickled eggs?  
frog legs or chicken feet?  
apples or oranges?

If time allows, let your child read off the list and you show your choices!

Say, "That game was fun, right? But what if we lived our lives that way—always wishing we had something else? That would be miserable, right?"

## Talk About the Bible Story

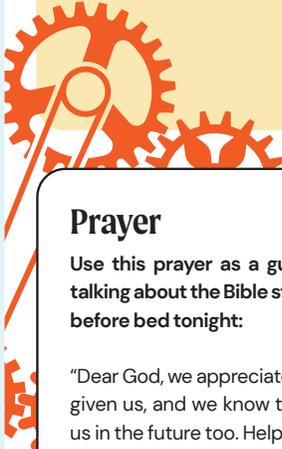
Why were the Israelites upset? (*They said life in slavery in Egypt was better than waiting in the desert for the Promised Land.*)

What does that tell you about the Israelites? (*They were discontent. They didn't trust God, even though God had been faithful to them over and over again.*)

What are some ways God provides for us?

What do you think you might miss out on in the future if you're not content and thankful for what's happening in your life right now?

*Parent: Share about a time when you were either too focused on the past or longing for the future. What did you miss out on as a result?*



## Prayer

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

"Dear God, we appreciate all that You have given us, and we know that You'll be with us in the future too. Help us celebrate and be thankful for what You're doing in our lives right now. We love You, and we ask these things in Jesus' name. Amen."



## Day 2

**Read Exodus 16:2-21; 17:1-7**

As you read Exodus 16:2-21; 17:1-7, draw a down arrow every time the Israelites complain. Draw an up arrow next to all of the good things in their lives—the ways that God is taking care of them.

There is a lot they seemed to be missing out on, isn't there? All they seemed to notice were the hard things—not all the ways that God was taking care of them and good things He was giving to them. They were really missing out on what they had!

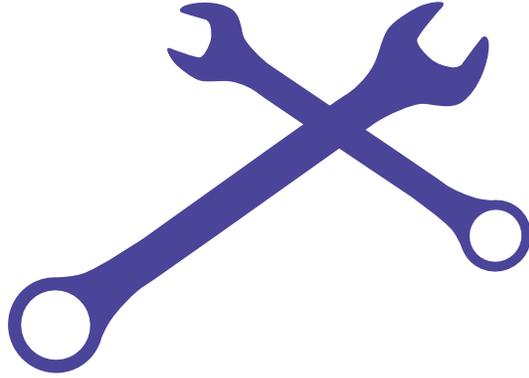


## Day 4

**Invite a friend or sibling to a "Thankfulness Tea."**

Don't like tea? Choose your favorite drink instead, and maybe some yummy cookies or a crunchy snack! The point isn't what you're eating or drinking, but the focus of the conversation.

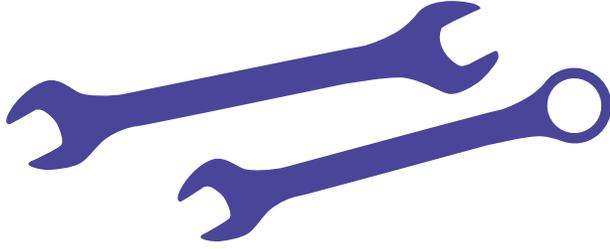
While you enjoy your snack together, take turns bouncing back and forth all of the good things in your life. See if you can keep the conversation going the entire time you enjoy your snacks, just sharing with each other all of the things you have to be thankful for!



## Day 3

**Even if you're having a hard time right now, there are so many good things in your life that you may be missing out on. In fact, sometimes it's hard to see those things, so we have to be intentional about noticing them and thanking God for them.**

Today, take a prayer walk around where you live. If your parent says it's okay, you can walk outside as well as inside. Intentionally notice all of the things that are good where you live. You might notice your family, your full fridge, clothes in your closet, your friend next door playing basketball. As you notice each of these things, thank God for them. You can get also really specific—like, thanking God for your mom's job that paid for that new bedspread or for bringing your family to this neighborhood where you met your best friend. Whatever you do, **don't miss out on what you have now.**



## Day 5

**What is good in your life right now?**

Think back to the conversation you had with your friend/sibling yesterday. What are the top 3-4 things you recognize are good in your life right now?

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If you have the ability to take and print photos, go around taking photos of these things. Print the photos and cut them out, then use some tape to affix them to a long piece of string or yarn. Then, with a parent's permission find a way to hang the photo collage somewhere in your room to help you stay focused on what is good in your life right now. (If you don't have string or a good place to display the collage in your room, use magnets to put the photos on your fridge—or tape them to your bathroom mirror!)

If you can't print photos, try your hand at drawing the things you are thankful for and making a collage of your drawings. If digital art is more your thing, try designing or drawing artwork that represents the things in your list. Or you can do a mixed media piece of artwork to represent all the good things you're thankful for!

However you choose to make a visual reminder of the good things in your life, make sure you put it somewhere you will see it often. And whenever you're tempted to focus on what you don't have, take a look at all the good things you do have!