

Here are a few texts that will remind us of God's view of contentment and thankfulness.

(Psa 95:2 NKJV) Let us come before His presence with thanksgiving.

(Luke 3:14 NKJV) Be content with your wages.

(1 Th 5:18 NKJV) In everything give thanks; for this is the will of God in Christ Jesus for you.

(1 Tim 6:6 NKJV) Now godliness with contentment is great gain.

(Psa 107:1 NIV) Give thanks to the LORD, for he is good.

(Psa 126:3 NIV) The LORD has done great things for us, and we are filled with joy.

(Phil 4:4-6 NIV) Rejoice in the Lord always. . . . Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

(Heb 13:5 NIV) Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."

Other terms for contentment: Happy, satisfied, serene, fulfilled, appreciative, grateful, content.

One Last Thought. . . .

Now let us be like children before God. Let us be teachable, willing to learn, and then the Spirit of God will cement our hearts together, and we shall be one in Christ Jesus. Then the Father will love us, even as he loves his Son. Let this thought fill the soul with thankfulness, and go on your way to Zion, making melody in your hearts to God. You are called out of darkness to show forth his marvelous light. Go forward, rejoicing in the righteousness of Christ. {Ellen G. White, General Conference Daily Bulletin, April 13, 1891}



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Christian Values Your Kid Should Know



Contentment and Thankfulness¹

¹ Based on the book "10 Christian Values Every Kid Should Know," by Dr. Donna Habenicht. Review & Herald

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. Phil 4:11 NIV

Thankfulness and contentment are a way of looking at life, a way that leads to happiness. How can you help your kids develop an attitude of contentment?

1. Ask God to change your own attitude.

2. Take a hard look at what's happening in your home. Are your children's closets stuffed, their toy boxes running over? Are you stepping on toys everywhere you go? Do they have an attitude of "oh, well, we can get more"? Do they have a bad case of "give-me-its"?

Are your own closets stuffed and you can't find space to put the new kitchen gadget you just brought? Are your credit cards maxed out?

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3. Take inventory with your children and your spouse. Help your children sort their toys and clothes. Encourage them to set aside things they don't use to give to a needy family or a local charity. After sorting, put half of the toys away – you'll be amazed at how much more interesting the remaining half will become. In a couple of months, trade some of the current toys with the stored ones. Every time your child gets a new toy, encourage them to give away one of the old ones.

4. Check up on the importance of the media in your child's life. Many believe the media's message that "the more things you have, the happier you'll be." You may have to cut down on TV time to curb those messages your child is being bombarded with.

5. Begin to emphasize relationships over things. Encourage grandparents and other relatives to spend time with your child rather than simply giving him more things. If they can't be present, maybe they can tape a bed-time story or make a video of themselves so your child can get well acquainted with them.

6. Resist the impulse to buy more toys or clothes or "things."

7. Encourage expressions of thankfulness. Be sure each child writes (or dictates) thank-you cards or notes for each gift he or she receives at any time during the year.

8. Encourage an attitude of giving.

9. Encourage thankfulness and praise to God for His daily blessings.

FAMILY ACTIVITIES

1. Blessing today – start a family tradition for the evening meal in which each member of the family, even the pre-schoolers, tells about something special God did that day.

2. Thank You, God, scrapbook. Write a short story about something they are thankful for. Younger children could draw pictures, and you could write a story. Each week select a special story from the scrapbook for retelling.

3. God in our family history. Tell your children about special times God blessed your family in the past. Here are some ideas: How did you meet your spouse? Where did you live when you were a child? Where did you live when you were first married?