

# 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

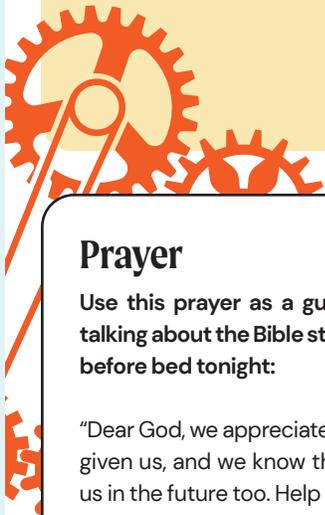
Why were the Israelites upset? (*They said life in slavery in Egypt was better than waiting in the desert for the Promised Land.*)

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."