



**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

#### Bottom Line

Don't miss out on what you have now.

Use this guide to help your family learn how God can help us be content.

## Activity

### Rear View

What You Need:

Hand mirror, painter's or masking tape, timer

What You Do:

Create a path using the tape. (If you don't have tape, you can create a pathway using rolled-up towels or blankets.) Make sure your path has some winding curves! The trickier it is to follow, the better.

Say, "We're going to play a game. You'll walk backward down the path, using this mirror to see where you're going. The only rule is that you cannot turn around and look forward. You can only use the mirror to look behind you! Let's see how long it takes you to finish."

Time how long it takes your child to make it down the path using the hand mirror. If time allows, take a turn yourself!

Say, "It's tough to move forward while you're looking behind you, right? This game shows how hard it is to live in the past! The Israelites learned that in our Bible story today. Let's talk about that a little more."

## 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.)

How were the Israelites acting? (They were miserable. They couldn't enjoy all that God had done by freeing them. They whined and complained.)

Why is it important to remember what's good in your life RIGHT NOW?

What's the most exciting thing coming up in the next few months? How can you still look forward to those things, but enjoy where you are 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."