



Finding Contentment: Trusting Jesus in Every Situation

By Alice Presswood

Trust His Promises | Rest in His Peace | Embrace His Joy

This activity and learning sheet set is designed to guide participants on a journey of discovering true contentment by trusting in Jesus, regardless of life's circumstances. Through enhanced reflection, interactive activities, and expanded practical applications, individuals and families will cultivate gratitude, deepen their faith, and learn to surrender worries to God. This enriched guide offers a path to finding lasting peace and joy through Jesus' unchanging promises.

Introduction

Blog Summary

The blog "Finding Contentment: Trusting Jesus in Every Situation" highlights that true peace and satisfaction stem from relying on Jesus instead of worldly circumstances. Key scriptures such as Philippians 4:11-13 and Matthew 6:25-27 remind us of God's sufficiency and His call to trust Him for all our needs. This activity set encourages readers to focus on God's provision, embrace gratitude, and experience the transformative power of contentment found in Christ alone.

Memory Quote

Inspired by the Blog: "True contentment comes from trusting Jesus, not our circumstances."

Expanded Introduction

Contentment is not found in material wealth or perfect circumstances but in the assurance that Jesus meets every need. By surrendering control to God and focusing on His blessings, we experience the peace that surpasses understanding. This activity set offers creative tools to build trust, focus on gratitude, and live out the promises of God. Together, we will explore how trusting Jesus transforms our perspective and fills us with enduring joy, no matter what challenges we face.

Reflection Questions

Understanding Contentment

1. What does it mean to trust Jesus for your daily needs?
2. How can focusing on God's blessings help you let go of worry?
3. Why is contentment in Jesus more fulfilling than relying on worldly things?

Faith in Action

1. How can you practice gratitude when life feels uncertain?
2. What steps can you take to trust God more deeply in times of difficulty?
3. How can sharing your journey of contentment inspire others?

Living with Purpose

1. What habits can help you build a lifestyle of gratitude and trust?
2. How does prayer strengthen your reliance on Jesus during tough times?
3. How can trusting Jesus reshape the way you view challenges and blessings?

Section 1: Interactive Activities

Activity 1: Contentment Collage

Objective: Build a visual representation of God's blessings to encourage a grateful heart.

Materials Needed:

- Magazines, photos, or printed images.
- Poster board or large paper.
- Markers, scissors, glue, and decorative embellishments.

Instructions:

1. Search for and cut out images or words that represent blessings, peace, and trust in Jesus.
2. Arrange these images creatively on your poster board to create a vibrant collage.
3. Add scripture verses, prayers, or personal affirmations around the images.
4. Display your collage somewhere visible as a daily reminder of God's goodness.

Reflection: How does reflecting on God's blessings shift your focus from worry to gratitude?

Activity 2: Gratitude Chain

Objective: Create a tangible reminder of daily blessings through a growing gratitude chain.

Materials Needed:

- Strips of colored paper.
- Pens, markers, or crayons.
- Glue, tape, or staplers.

Instructions:

1. Write one thing you're grateful for on each strip of paper.
2. Connect the strips to form an interlinking chain.
3. Add to your chain daily or weekly, watching it grow as a visual testament to God's provision.
4. Display the chain in a central place as a family gratitude project.

Reflection: How does intentionally focusing on gratitude deepen your sense of contentment?

Activity 3: Trusting Jesus Jar

Objective: Use a symbolic jar to release worries to Jesus and embrace His peace.

Materials Needed:

- A clear jar or container.
- Strips of paper, pens, and decorative items.

Instructions:

1. Write down situations, worries, or needs that you want to surrender to Jesus.
2. Place each strip in the jar as a symbolic act of releasing control to God.
3. Reflect on one strip daily, praying for Jesus to provide peace and trust in that area.
4. Revisit the jar periodically to celebrate how God has worked in those situations.

Reflection: How does giving your concerns to Jesus bring you closer to experiencing true contentment?

5. Memory Quote Challenge

Objective: Memorize and internalize the quote: "True contentment comes from trusting Jesus, not our circumstances."

Instructions:

1. Break the quote into smaller parts and recite it together as a family or group.
2. Turn the quote into a creative activity, such as a chant, song, or illustrated poster.
3. Reflect on how this truth can impact your perspective and bring encouragement to others.

ACTIVITY SET

6. Practical Applications

Daily Gratitude Journal

Instructions:

1. Write three specific blessings each day and reflect on how God has provided for your needs.
2. Record prayers of thanksgiving and surrender for areas where you struggle to find peace.
3. Reflect weekly on how gratitude and trust have transformed your outlook.

Family Contentment Plan

Structure:

- **Monday:** Read Philippians 4:11-13 and discuss Paul's example of finding contentment in Christ.
- **Tuesday:** Create a family Contentment Collage, celebrating shared blessings.
- **Wednesday:** Build a Gratitude Chain as a family, adding links daily.
- **Thursday:** Start a Trusting Jesus Jar and reflect together on areas where you need to trust Him.
- **Friday:** Pray as a family, thanking God for His provision and peace.
- **Saturday:** Perform a family act of service to share God's love with others.
- **Sunday:** Reflect on the week and celebrate how trusting Jesus brought joy and contentment.

7. Closing Reflection

Gratitude Journal Entry

- Prompt: "How has trusting Jesus brought me peace this week?"
- Prompt: "What can I do to focus more on His blessings and provision?"

Take-Home Question

- "What is one worry I can surrender to Jesus this week to experience more peace?"

ACTIVITY SET