

Upcycle: Roll with what you've got

TREKKERS (2ND - 5TH GRADE)

**First, watch the video. Then, follow up
with the fun activities below!**

**Jokey
Kids**

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

Giving Freely to the Lord's People
2 Corinthians 8:1-5

Key Question

How can you use what you have to help others?

Activity

Run for Help

What You Need:

Random items from around your home

What You Do:

Tell your child that you're going to read several scenarios of people who need help. Their job is to go around your home and find something they could use to help the people in need. But they only have 30 seconds for each scenario, so they need to hurry!

Read the following scenarios, one at a time. After reading each one, set a timer and then cheer on your child. It might be helpful to have a few items in mind for each scenario, so you can give them a hint or two if they get stumped.

Scenarios:

- Mom or Dad is overwhelmed with laundry (clothes hamper, detergent, hangers)
- The homeless population is growing (extra food, extra clothes, phone to create awareness and reach out to others for donations, piggy bank for donation)
- A new neighbor just moved in (trash bags to help them clean up the packing supplies, a plate of brownies, a list of the best local restaurants)
- Younger sibling is struggling in school (books to read together, calendar to schedule study time)
- Kid at school is getting teased (paper to write an encouraging note, device to reach out to them)
- Someone you care about gets sick (markers to create a card, stuffed animal to bring for comfort, Bible verses you can use as you pray for them)

Say, "You came up with some pretty creative ways to be helpful. Let's talk about the believers in the early church and what we can learn from them."

Talk About the Bible Story

How did the church from our story help others with what they had? (They didn't have much, but what they did have, they all shared or gave to others.)

What does contentment have to do with generosity? (When we're content with what we have, we're more likely to be generous.)

How can being content show others that you trust God?

What's one thing you can do this week to use what you have to help someone else?

Parent: Share about a time when you used what you had to help someone else. It doesn't have to be an example of anything extravagant, but talk about how good it felt to give—even when you were just using what you had to help someone else.

Prayer

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

"God, through Your Word, You have taught us so much about contentment this month. We know that, through Your power, we can learn to be okay with what we have. God, help us to be thankful for what we have right now. Help us to be generous with what we have, and show us ways we can use what we have to help others. Amen!"