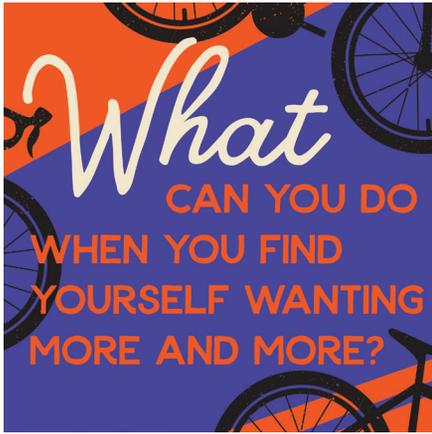


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the first question.



Day 1

After watching, write one thing that:

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read 1 Kings 21:1-19, 27

As you read 1 Kings 21:1-19, 27, draw the following emojis where they fit to match the emotions of Ahab.



King Ahab was quite an emotional guy, wasn't he? And most of his emotions weren't the fun ones. The more and more he got caught up in what he didn't have, the angrier and sadder and more miserable he got! **Wanting more and more can make you miserable.**



Day 3

Feeling sad, hurt or angry?

These emotions aren't bad, and in fact, they are very normal and even helpful ways to process pain. But when we start to feel that way because we are caught up in wanting more and more, it can make us downright miserable—and miserable to be around!

~~~~~  
What is something in which you struggle to be content? How does it make you feel? Draw an emoji that represents that feeling:

How would you like to feel? Draw that emoji here:

Now take some time to pray. Tell God how you've been feeling as you've been focused on wanting more and more of something. Ask God to help you choose contentment, and to stop wanting more and more to the point of misery.

Now how do you feel? Draw that emoji here:

If your last two emojis don't match up right away, don't worry about it. Keep asking God for help choosing contentment, and the less you focus on what you have, the easier it will be to feel okay about what you do have.

## Day 4

When King Ahab found himself miserable about what he wanted and couldn't have, he turned to someone who only made his life more miserable, instead of looking to God or someone who followed God, like Elijah.

Who we spend our time with and turn to when we're struggling will greatly influence our attitudes and decisions. Who in your life would be a wise person to talk to when you're struggling with contentment? Write down 2-3 names.

.....  
.....  
.....

Pick one of those names. You can send them a text or email, write them a note, or find them in person. If you're currently struggling with wanting more of something, share that with them and ask them to pray for you to find contentment. If you find yourself in a pretty content place right now, then simply thank them for being a safe person to talk to when you're struggling with contentment, and ask them to hold you accountable and to speak up if they see you wanting more and more.



## Day 5

### What can you do when you find yourself wanting more and more?

If you're wondering what you can do if you find yourself wanting more and more, you can look at what King Ahab did for a great example of what not to do.

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Take the list of poor choices below inspired by King Ahab's decisions and write something you could do instead.

- Get angry ►
- Pout ►
- Lay around thinking about what you want ►
- Cry about what you don't have ►
- Refuse to eat ►
- Focus on what you don't have ►
- Complain to others ►

Circle 2-3 of the actions steps in the list on the right and consider these your Contentment Tools. Anytime you find yourself wanting more and more, take an item out of your Contentment Toolbox and put it to work!