



Youth Ministry
Oakland Baptist Church

Read Philippians 4:11-13.

"I am not telling you this because I need anything. I have learned to be satisfied with the things I have and with everything that happens. I know how to live when I am poor, and I know how to live when I have plenty. I have learned the secret of being happy at any time in everything that happens, when I have enough to eat and when I go hungry, when I have more than I need and when I do not have enough. I can do all things through Christ, because he gives me strength."

In this passage, Paul says he learned the secret of being content/happy/joyful/thankful. We can do anything with God's help, who gives us strength. Instead of thinking that the next bigger and better thing will satisfy you, realize the key to happiness, joy, and a growing relationship with God is to be content with what you do have. Begin to focus on what you do have, not what you want. This is especially important at this time when we feel isolated as so many things are being cancelled.

Make of list of things you have that you are thankful for. If you are able, print the second page of this document and add a few things to your list each day. Make sure you consider the things you have that are not necessarily tangible, but essential for contentment and a growing relationship with God.

Questions to consider:

- Why do you think it is easier to be greedy (always wanting more) rather than content?
- Why do we focus on what we want rather than what we have?
- How can being greedy be bad for you?
- What are the benefits of being content (being happy with what you do have)?

Pray:

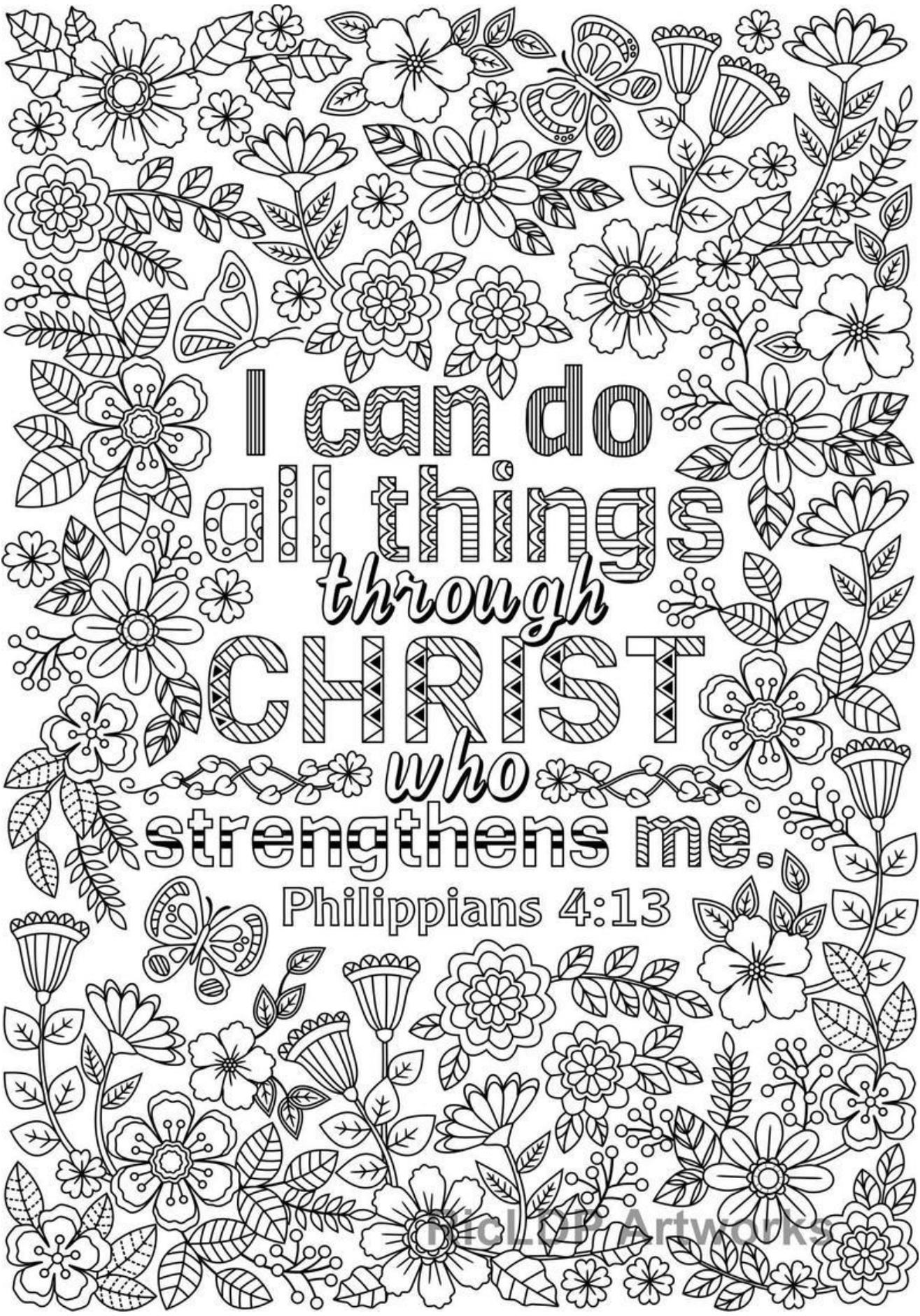
As you pray, thank God for all that you do have and ask God to help you be content with what you have.

Just for Fun:

For those of you who love to color, enjoy the last two pages. Send me (Leigh) a picture of your finished product!

There is
always, always, always
something
to be
thankful
for

Today I am thankful for:



I can do
all things
through
CHRIST
who
strengthens me.

Philippians 4:13

IT IS NOT HAPPY
PEOPLE WHO ARE THANKFUL
IT IS THANKFUL
PEOPLE WHO ARE HAPPY