

HEART CONNEX

Truth Flowing from One Generation to the Next—Through Strong Heart Connections

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Joy in Contentment—Richard Ross, Ph.D.

1. Heart Surprise (Today a parent goes first): Say: **Believe it or not, I still can remember when I was your age. As I think back to that time, here's one way you and I would be similar as teenagers . . .**

2. Read Scripture: Invite a family member to pray. Ask a family member to read Philippians 4:11-12 and Proverbs 30:7-9. Discuss the Truth and Untruths in light of these passages.

Truth

- Believers can be content in every situation because God provides for their needs.

Untruths

- No matter how much you get, it's never enough.
- People can be consumed with getting more possessions and still be good believers.
- God wants to bless us, so a real Christian should never struggle financially.

3. Explore Scripture: Read aloud Proverbs 30:7-9. Say: **It's not wrong to be rich or poor, but both situations can lead to sin if you approach them with the wrong attitude.** Read verse 9 and discuss the sins described there. Read aloud Philippians 4:11-12. Explain that while our financial condition might tempt us to sin, we can avoid those sins. Say: **Paul avoided both sins by being content with any situation in which he found himself.**

4. Think It Through: A teenager will lead this activity.

5. Nail It Down: Say: **Ultimately, God is the One who provides, whether that's a little or a lot. People who panic and feel stress over not having enough won't turn loose of their "root" to reach out to Him, but those who think they've done it all themselves won't reach out to Him either.** Ask: **What does that say about having faith in the Provider?** Ask your teenager to summarize the connection between faith and contentment.

6. Pray: A teenager will lead this prayer.

7. Blessing: Say: **I bless this family for depending entirely on God for all we need.**

Parent Tip: Children and teenagers tend to embrace the faith of parents who show them unfailing love in ways they can understand. When a vibrant heart connection is in place, unfailing love flows from parent to child. Parents who love their children without conditions are modeling the love of Father God who shows that same kind of grace to His children.