

# HEART CONNEX

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

## STUDENTS PAGE

**October 14-17, 2009**

*Joy in Contentment*—Richard Ross, Ph.D.

**1. Heart Surprise (Today a parent goes first):** When it's your turn, say: **It's fun watching movies where teenagers go back in time and see their parents as teenagers. If we really could turn back time, I can see you being a teenager who . . .**

Something from the *Heart Surprise* I want to remember:

**2. Read Scripture:** Philippians 4:11-12 and Proverbs 30:7-9

### **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:** Write what you want to remember about the Scriptures.

**4. Think It Through:** Say: **Pretend you fell over a tall cliff on a family outing. After you fell just three feet, you grabbed a tree root and hung on for dear life.** Ask: **If a first-grader reached over the cliff to help you, would you let go of the root and grab her hand? If a man who just had won an Olympic weightlifting gold medal reached down to you, would you grab his hand? Why?** Discuss responses, pointing out that collecting material possessions—or worrying about not having those possessions—provide as much security as the first-grader in the story, while God has more power than even the strongest weightlifter.

**5. Nail It Down:** A parent will lead this activity.

**6. Pray:** Stand near a parent and place a hand on his or her arm. As you pray, thank God for having a mighty arm that is able to meet all your family's needs. Ask God to bring contentment to every member of your family as they trust in Him alone.

**7. Blessing:** Listen as your parent blesses the family.

**Teen Tip:** God's Word is full of rich blessings. As you pray, ask God for wisdom. Open your Bible to John, Ephesians, or Galatians. Start reading with the following question in mind: What verse would God want me to read to my parents in order to bless their week? Go to them and describe how you arrived at a specific verse to share with them.