

Character Trait for January 8-12 is Contentment

Philippians 1:9-10, "And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ"

Character: the qualities built into an individual's life that determine their responses, regardless of circumstances.

Contentment: Realizing that true happiness does not depend on material conditions.

Derivation: **contentment**-happy enough with what one has or is; not desiring something more or different; satisfied. From the Latin verb continere meaning "to hold together; bind; limit; enclose; surround.

Weekly Verse: Phil 4:11 "I am not saying this because I am in need, for I have learned to be content whatever the circumstances."

Bible Story: While David was fleeing from Saul in the wilderness, he demonstrated contentment by not trying to take matters into his own hand, even though he had several opportunities to kill Saul. One of these is described in I Samuel 24.

Quote: "Contentment is a state of the heart, unaffected by outward circumstances."

Application:

We have been having a great conversation at school about contentment, so instead of the usual format this week I have sent along some questions we have been discussing. I hope you can have good conversations with your students about these concepts:

- 1) What is the difference between apathy and contentment?
- 2) Does being content mean we are not motivated to change or better our circumstances?
- 3) Can you have goals and still be content?
- 4) As parents, how can you tell the difference between when your kids are unmotivated, and when they are content?
- 5) Do you think you do a good job of modeling contentment as a parent?
- 6) In our lives, what do you think is the greatest hindrance from experiencing contentment?