



## SESSION I: FEELINGS OF CONTENTMENT

### 1—BUGS, RATS AND THIEVES

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Turn to Matthew 6:19-21 to read about bugs, rats and thieves!

Suzie had her fourteenth birthday the day before youth group meeting. She came to the meeting wearing her new clothes, new watch and new shoes. She was so proud of her new things that it affected her attitude—and it wasn't a kind attitude. When her friends confronted her about how she was acting, Suzie just said they were jealous of her. She thought that her friends would like her better because of the cool new stuff she got, but boy was *she* wrong!

Have you ever thought your life would be better if only you could own a new piece of clothing, or some new electronic equipment, or something else your friends had? If so, why did you think it would make your life better?

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When you feel empty or down, what do you rely on to make you feel better? Does it work? Why or why not?

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After reading Matthew 6:19-21, what is God's opinion regarding things on earth? What is His opinion regarding things in heaven?

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Today, ask God to completely satisfy the feelings of need and want that are in you.

## 2—YOU'RE NEVER ALONE

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If you've ever felt totally alone, read 2 Timothy 4:16-18 to find out that you are not! Check the boxes that apply to you:

- ☐ You have been picked last for a team sport at school
- ☐ You have sat alone at home all weekend.
- ☐ You have had plans to go somewhere with friends but they backed out.
- ☐ You have walked home from school alone.

Do you ever feel like other people have tons of friends but you don't? Why do you think you feel this way?

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According to 2 Timothy 4:16-18, what does God do when you are alone and need the support and help of a friend?

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God is *always* there beside you. So today, ask God to help you realize His presence in your life. You might be surprised how He answers your request!

## 3—ARE YOU A CHRISTIAN?

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Read Mark 14:66-72. It's interesting . . . trust me.

Over the summer, Miguel had decided to follow Jesus. One day he noticed that some of the Christian kids had gathered around the flagpole at the entrance to the school to pray. Miguel wanted to join them, but he was afraid of what his other friends might think of him. As he wrestled with his choice, he thought that his life had been much easier when he was *not* a Christian!

In Mark 14:66-72, what did Peter, one of Jesus' disciples, do to show others that he did *not* belong to Jesus? How did Peter feel about his decision afterward?

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Have you ever thought your life might be easier if you were not a Christian? Why or why not?

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Have you ever told someone you weren't a Christian because you were afraid of what that person might think of you? How did you feel after you did this?

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As you pray today, ask God to show you how life with Him is supposed to be. Ask Him to be your strength when it is hard to be a Christian.

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## 4—ALL YOU CAN EAT!

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Turn to Psalm 73:26—and *hurry*! Suppose you were going to eat only one meal for the next week. What would you choose?

- ☐ Ice cream with pickles
- ☐ Eggs with chocolate syrup
- ☐ Hot dogs and Top Ramen
- ☐ Chicken, salad and rolls

According to Psalm 73:26, what happens when we fail?

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What do you think the word “portion” means in this verse?

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When you eat a really good meal full of your favorite foods, you feel satisfied. In the same way, God wants you to know that you can rely on Him to satisfy every need you have! So today, think of one need that you will completely rely on God to fulfill this week. Then trust Him to do it!