

# Discontentment



# Precious Promises

## Devotional Guide

# Day 1

## Promise #106

### Bible Story (Acts 16:16-34)

Paul and Silas traveled from town to town, sharing the good news about Jesus. When they came to Philippi, some people believed their message, but others became angry. The city leaders had them beaten, then ordered them thrown into the deepest part of the prison.

The jailer locked their feet in wooden stocks so they couldn't move. Their backs ached, and the prison was dark and cold. Most people would have complained—but Paul and Silas chose a different response.

Instead of grumbling, they prayed and sang hymns to God. Their voices filled the prison with songs of praise, and the other prisoners listened quietly. In the middle of their pain, Paul and Silas found joy in God.

Around midnight, a powerful earthquake shook the prison. The doors flew open, and every prisoner's chains fell off. The jailer awoke in fear, thinking the prisoners had escaped—but Paul called out, "Don't harm yourself! We are all here!"

The jailer was amazed. That very night, he and his whole family believed in Jesus and were baptized. Paul and Silas had turned a dark, painful night into a song of joy and thankfulness.

### Today's Promise (#106)

#### Ephesians 5:19–20 (KJV)

"Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ."



 Listen to  
Scripture Song:

<https://precious-promises.com/106>



### Apply the Promise!

God loves when we sing and give thanks in every situation. Praising Him can turn sadness into joy and remind you that He is always in control.

### Real-Life Example:

Liam's family was driving to visit his grandparents when they heard a loud pop. Dad pulled over to find a flat tire. It was hot and they were in the middle of nowhere. It looked like they'd be stuck for a while.

Liam started to feel frustrated. This wasn't how he wanted to spend the day. But then his mom started singing one of their favorite scripture songs. Soon, Dad joined in while he worked on changing the tire. Liam couldn't help but sing along, too.

They sang about trusting God and His goodness, and Liam thought about the words while they sang. A few passing cars slowed down, and one driver smiled and waved at their little roadside concert.

By the time the spare tire was on, everyone was laughing and smiling. What could have been a miserable wait turned into a fun memory. Liam learned that praising God in hard times made the problem feel much smaller—and it encouraged everyone around them, too.

### Discussion Questions:

- What did Paul and Silas decide to do with their time while they were in prison?
- Did you ever choose to praise God instead of complaining when something disappointed you? What happened?

### Activity:

Go around the room. Instead of just saying something you are thankful for, try to "sing" it! Each person sings a short phrase about a blessing (like "I'm thankful for my dog!"). This reminds us that praising God can be fun and helps turn a grumbling heart into a happy one.



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## Devotional Guide

# Day 2

## Promise #107

### Bible Story (Numbers 11)

After God rescued the Israelites from slavery in Egypt, He led them safely through the Red Sea and into the wilderness toward the Promised Land. God provided everything they needed—fresh water, shade by day, fire by night, and manna every single morning. But instead of thanking Him, the people began to complain. They grumbled about the food, wishing they had the dishes they remembered from Egypt, even though Egypt had been a place of suffering.

Moses reminded them of God's kindness, but their unhappy words continued to spread through the camp. Instead of trusting God's care, they focused on what they didn't have and let discontentment grow in their hearts. They forgot how powerfully God had saved them and how faithfully He was guiding them each day. If they had paused to remember His miracles, their hearts would have been calmer and more thankful.

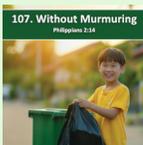
Although God continued guiding Israel, their constant complaining made the whole journey harder. Instead of noticing His daily miracles, they focused on what they didn't have and missed the joy God wanted for them. A thankful heart would have opened their eyes to His goodness and filled their days with much more peace. Even in the wilderness, God was near and ready to help them if they would simply trust Him.

Through this story, we learn that a complaining spirit steals our happiness, but choosing gratitude helps us see God's love in every step of our journey.

### Today's Promise (#107)

**Philippians 2:14 (KJV)**

"Do all things without murmurings and disputings."



 Listen to  
Scripture Song:

<https://precious-promises.com/107>



### Apply the Promise!

God wants us to do things without grumbling or arguing. We should obey cheerfully, trust God's plan, and choose thankfulness instead of complaining—even when things feel hard or unfair.

### Real-Life Example:

Sophie had been looking forward to the park all week, when the day came, a heavy rain ruined her plans. "It's not fair," she grumbled, slumped on the sofa. She spent the morning wandering around the house, pointing out how boring everything was. Every time her mom suggested a game, Sophie just complained that it wasn't the park. Her discontentment was making the whole house feel as gloomy as the weather outside.

Seeing her grumpy face, her older brother started dragging blankets into the living room to build a fort. Sophie watched him, still wanting to be upset, but she realized that focusing only on the park was making her miserable for no reason. She decided to grab a sheet and help him tie it to the chairs. Soon, they were eating lunch "camp-style" inside their fort. The rain was still falling, but the complaining had stopped. Sophie learned that when she stopped focusing on what she didn't have, she could actually enjoy what was right in front of her.

### Discussion Questions:

- What did God give the Israelites every day in the wilderness, even while they were complaining?
- Like Sophie, have you ever missed out on something fun because you were too busy being upset about a change in plans?

### Activity:

Hide several small items or "treats" around the room to represent the manna God gave the Israelites. Before the children start looking, explain that they have to name one "daily miracle" or thing they are thankful for each time they find a piece. This reminds them that God provides for us every single day, just like He did in the wilderness, and that noticing those small gifts helps us stay content!



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# Precious Promises

## Devotional Guide

# Day 3

## Promise #108

### Bible Story (Acts 28:16, 30–31)

Paul was a prisoner in Rome, guarded by a soldier. Roman prisons and guard houses were often uncomfortable—his bed may have been hard, his food plain, and he may have had little to keep warm. Yet Paul wrote to the believers in Philippi that he had learned to be content in every situation—whether he had plenty or little—because Christ gave him strength.

Paul didn't spend his days complaining. Instead, he told visitors about Jesus and wrote letters that still encourage believers today. Even though he couldn't travel, preach in marketplaces, or meet with churches, Paul trusted God still had a good plan.

His joy wasn't tied to comfort or freedom. He knew God's presence was with him, no matter where he was. By trusting God's promises, Paul found peace and courage. True contentment comes from knowing Jesus and relying on His strength every day.

### Today's Promise (#108)

#### Philippians 4:11-13 (KJV)

"Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ which strengtheneth me."

#### Hebrews 13:5–6 (KJV)

"Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee. So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me."



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Scripture Song:

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### Apply the Promise!

Contentment comes from trusting God's care, not from having perfect circumstances. He will never leave you, and His strength will help you be thankful and peaceful wherever you are.

### Real-Life Example:

Mia was so excited for her birthday because she really wanted a specific brand of art markers. When she opened her gift from her aunt, she saw it was a set of watercolor paints instead. For a moment, Mia felt a wave of disappointment. She almost said, "But I wanted the markers," but she caught herself. She looked at the bright colors of the paints and her aunt's smiling face.

Instead of focusing on what she didn't get, Mia decided to try out the paints right away. She discovered that she actually loved how the colors blended together on the paper. She spent the whole afternoon creating a beautiful sunset for her aunt. Mia realized that her aunt had chosen the gift with love, and by being thankful for what she had, she was able to have a wonderful day. She learned that contentment isn't about getting exactly what you want, but about finding joy in the good things you are given.

### Discussion Questions:

- Where was Paul living when he learned to be content, even with very little?
- Mia had to choose between being sad about the markers or happy about the paints. What is one "good thing" you can focus on today when things don't go exactly your way?

### Activity:

Give each child a small task that seems difficult or "boring," like standing on one foot or organizing a drawer. While they do it, have them repeat the phrase, "I can do all things through Christ." This reminds us that Paul used God's strength to be happy even in a hard prison cell, and we don't need perfect circumstances to have peace!



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# Precious Promises

## Devotional Guide

# Day 4

Promise #109

### Bible Story (Job 1:13-22)

Job was a man who loved God with all his heart. He prayed for his children, cared for the poor, and turned away from evil. God blessed him with many sons and daughters, thousands of animals, and great wealth. Everyone knew Job as one of the greatest men in the East.

Then one tragic day, everything changed. A messenger told Job that enemies had attacked and carried off his oxen and donkeys. Before he finished speaking, another rushed in to say fire from heaven had burned up the sheep. A third brought news that raiders had stolen his camels. Finally came the most painful blow: a great wind struck the house where Job's children were feasting, and the house collapsed. All of them had died.

Job's heart was crushed with grief. He tore his robe, shaved his head, and fell to the ground. Most people would have cursed God in anger, but Job chose to worship instead. Through tears, he said, "The LORD gave, and the LORD has taken away; blessed be the name of the LORD." He admitted his sorrow but still honored God. The Bible says, "In all this Job sinned not, nor charged God foolishly."

Job's story reminds us that giving thanks is not just for when life is easy. God is worthy of praise in good times and in bad. Even in his sorrow, Job trusted God's love and gave Him thanks. His choice of gratitude showed deep faith in God's goodness.

### Today's Promise (#109)

#### 1 Thessalonians 5:16–18 (KJV)

"Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you."



 Listen to  
Scripture Song:

<https://precious-promises.com/109>



### Apply the Promise!

No matter what happens—good or bad—God's will for you is to rejoice always, pray continually, and give thanks at all times. You can trust His care and stay thankful through every circumstance.

### Real-Life Example:

Patrick was excited to help his dad plant a small vegetable garden, imagining baskets full of tall corn and big, red tomatoes. However, after just an hour of pulling stubborn weeds and digging in the hard dirt, his back started to ache and his hands were covered in mud. "This is taking too long," he grumbled, dropping his shovel. He was so focused on the harvest he wanted in the future that he was miserable during the work happening right now.

His dad sat down in the dirt next to him. "If we only look at the finish line, we miss the miracle of the seeds waking up," he said quietly. Patrick realized that his grumbling was stealing the joy of a sunny afternoon spent with his dad. He decided to stop counting how many weeds were left and started noticing the cool feeling of the soil and the sound of the birds. He learned that contentment means trusting God's timing for the "big things" while finding reasons to give thanks for the small steps along the way.

### Discussion Questions:

- What did Job choose to do after he lost everything?
- Patrick was so focused on the "harvest" that he hated the "planting." Have you ever let a future goal make you feel discontent with where you are right now?
- How did Patrick's face probably change when he started noticing the birds instead of the weeds?

### Activity:

Sit in a circle with a soft ball. Toss it around, and each time someone catches it, they quickly say something they can thank God for. Keep the ball moving to fill the room with gratitude.



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# Precious Promises

## Devotional Guide

# Day 5

## Promise #110

### Bible Story (Luke 12:13-21)

One day, a man asked Jesus to tell his brother to divide the inheritance. Jesus saw his heart was focused on possessions, so He warned, “A man’s life does not consist in the abundance of the things he possesses.” Then He told a parable.

A rich farmer’s land produced a huge harvest. Instead of being satisfied and thanking God, he worried, “What will I do? I don’t have room to store all my crops!” At last he decided, “I will tear down my barns and build bigger ones. Then I’ll store my goods and say to myself, ‘Now I can relax, eat, drink, and enjoy life.’”

But God said to him that night, “You fool! This very night your life will be required of you. Then who will get all that you have prepared?”

The farmer thought more grain would bring contentment, but he forgot the most important thing—being rich toward God. Jesus said that those who live only for possessions will never find true joy. Contentment comes from trusting God and being thankful for His blessings. The farmer had worked so hard to store up treasures on earth, but he had not stored up treasures in heaven. He left this world with nothing. Jesus explained that this is what happens to anyone who focuses on possessions but forgets about God. True riches come from knowing Him and being content with what He provides.

### Today’s Promise (#110)

1 Timothy 6:6–7 (KJV)

“But godliness with contentment is great gain. For we brought nothing into this world, and it is certain we can carry nothing out.”

### Apply the Promise!

This promise means that real happiness is not found in money or possessions. God wants you to choose contentment and thankfulness, because what lasts forever is knowing Him and living for Him.

### Real-Life Example:

Laura often compared herself to the other girls in her class. Some had shiny hair, others were taller or wore prettier clothes. Laura sometimes looked in the mirror and sighed, “I’m just plain. I’ll never be as pretty as them.”

One evening, her dad read aloud the verse: “But godliness with contentment is great gain. For we brought nothing into this world, and it is certain we can carry nothing out.” He explained that outward looks fade, but what truly matters is loving God and showing kindness. Laura thought about it and prayed, “Lord, help me be thankful for how You made me, and to focus on having a gentle, loving heart.”

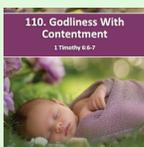
The next day, Laura smiled at a lonely girl at recess and invited her to play. Her classmates noticed her kindness. Laura realized that godliness and contentment made her more beautiful than fancy clothes or perfect hair ever could.

### Discussion Questions:

- What did the rich farmer think would make him happy?
- Sometimes we compare how we look or what we have to others. Can you think of a time when you felt discontent? How could being thankful to God have changed how you felt?

### Activity:

Give each child a turn to stand in front of a mirror. Have them say out loud one thing they are thankful for about the way God made them—like their smile, hands to help, or eyes to see. Remind them that true beauty and contentment come from godliness and thankfulness, not from outward appearance.



 Listen to  
Scripture Song:

<https://precious-promises.com/110>

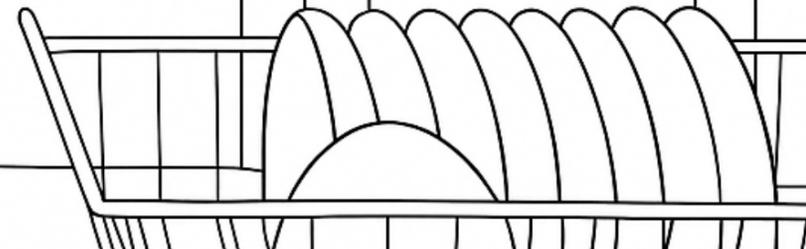




# 106. Ephesians 5:19-20

**<sup>19</sup>Speaking to yourselves  
in psalms and hymns and  
spiritual songs,  
singing and making melody  
in your heart to the Lord;**

**<sup>20</sup>Giving thanks always for all things  
unto God and the Father  
in the name of  
our Lord Jesus Christ.**



# 107. Philippians 2:14

**<sup>14</sup>Do all things without murmurings  
and disputings.**



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# 108. Philippians 4:11-13; Hebrews 13:5-6

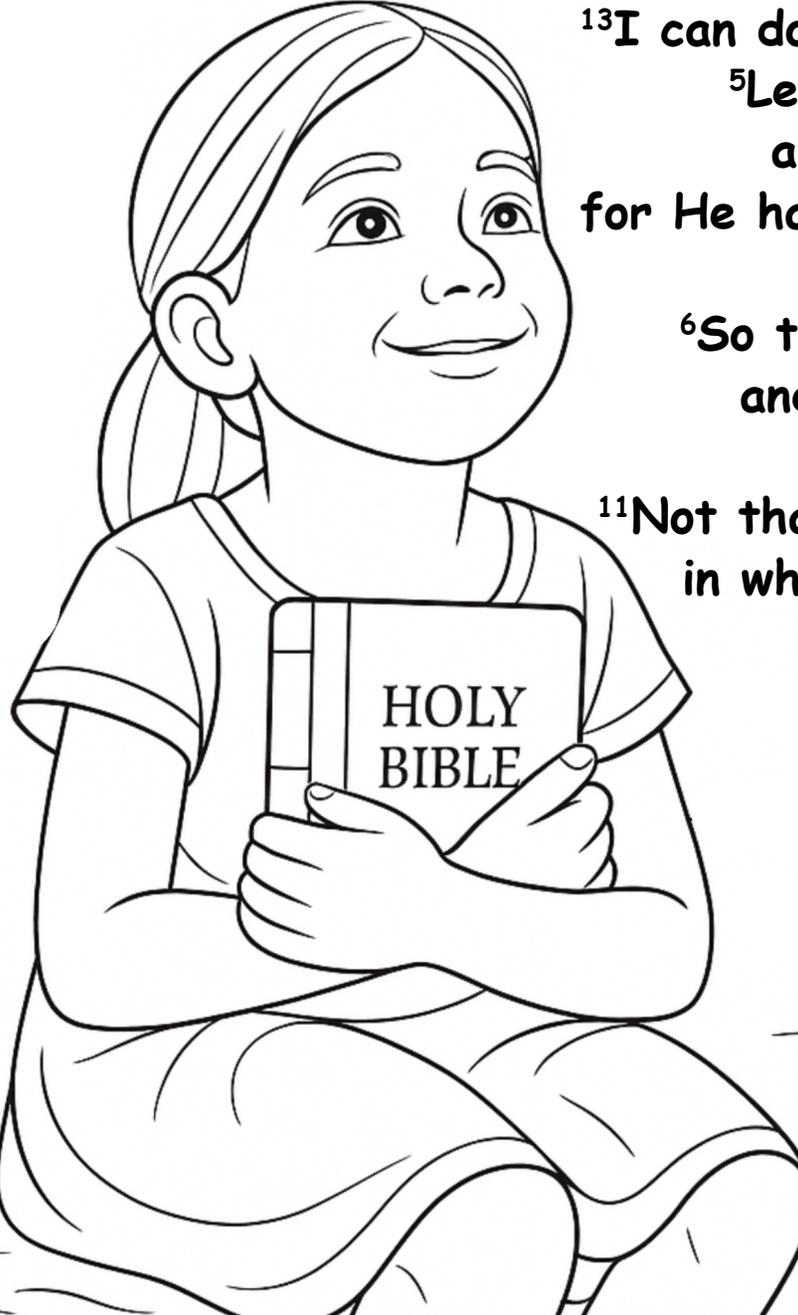
<sup>13</sup>I can do all things through Christ which strengtheneth me.

<sup>5</sup>Let your conversation be without covetousness;  
and be content with such things as ye have:  
for He hath said, I will never leave thee, nor forsake thee.

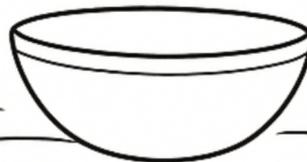
<sup>6</sup>So that we may boldly say, The Lord is my helper,  
and I will not fear what man shall do unto me.

<sup>11</sup>Not that I speak in respect of want: for I have learned,  
in whatsoever state I am, therewith to be content.

<sup>12</sup>I know both how to be abased, and  
I know how to abound:  
every where and in all things  
I am instructed  
both to be full and to be hungry,  
both to abound and to suffer need.



HOLY  
BIBLE



 Listen to  
Scripture Song:  
<https://precious-promises.com/108>



# 109. 1 Thessalonians 5:16-18

**<sup>18</sup>In everything give thanks:  
for this is the will of God  
in Christ Jesus concerning you.**

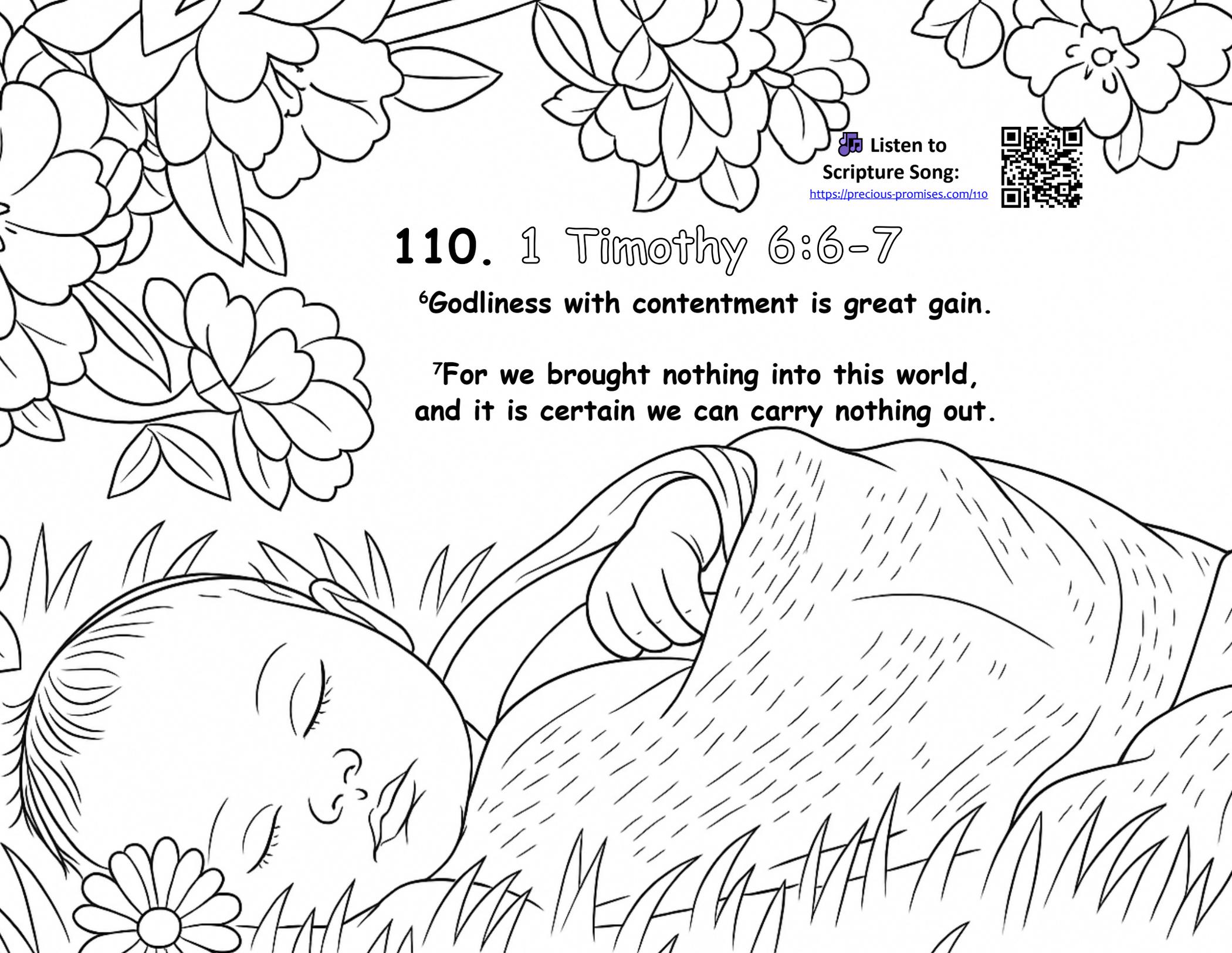
**<sup>16</sup>Rejoice evermore.**

**<sup>17</sup>Pray without ceasing.**



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Scripture Song:  
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## 110. 1 Timothy 6:6-7

**<sup>6</sup>Godliness with contentment is great gain.**

**<sup>7</sup>For we brought nothing into this world,  
and it is certain we can carry nothing out.**