



Today's Promise (#106) — KJV

Ephesians 5:19-20 "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."

📖 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.

📖 Bible Story (Acts 16:16-40)

Paul and Silas were traveling and sharing the good news of Jesus. But some people in the city did not like their message. An angry crowd turned against them, and the city leaders ordered guards to hurt them. After they were bruised, soldiers threw Paul and Silas into a cold, dark prison. To make sure they could not leave, the guards locked their feet tightly in heavy wooden blocks.

Their backs were sore. Their feet could not move. The prison was dark, cold, and uncomfortable. Most people would have spent the night crying, complaining, or feeling angry. But Paul and Silas knew a secret: God was still with them, even in that painful place.

At midnight, instead of groaning, Paul and Silas began to pray and sing hymns of praise to God. Their voices echoed through the prison, and the other prisoners listened in amazement.

Suddenly, a strong earthquake shook the prison! The stone walls rumbled, all the iron doors flew open, and everyone's chains fell right off. The jailer woke up and was terrified. He saw the open doors and thought all the prisoners had run away, which meant he would be in big trouble. But Paul shouted out to him, "Do not be afraid, we are all here!"

Seeing this quiet peace, the jailer wanted to know God. He asked how to be saved. Because Paul and Silas chose to sing and be content in a hard moment, the jailer and his family gave their hearts to Jesus that same night!

When we singing and thanksgiving even in hard times, God can use our joy to light up the dark for everyone around us.

💬 Discussion Questions:

- What did Paul and Silas decide to do with their time while they were in the dark prison?
- How did singing hymns help the trapped coal miners while they waited to be rescued?
- When you feel grumpy today, what is a favorite happy song you can sing to God?

☀️ True Story

In April 1877, a group of hardworking coal miners went deep underground into a mine in Wales. Suddenly, a loud roaring sound echoed through the rocky tunnels. A flood of water had burst through the walls! Most of the men rushed to the surface, but five miners were trapped in a small, dark cave. The cold water was rising fast, blocking their only way out. Soon, their candles burned out, leaving them in the dark.

They had no food, no clean water, and no idea if anyone was coming to save them. It would have been easy for the men to give up, complain, or panic in fear. But the head miner, a faithful Christian named Dafydd Jenkins, knew they needed God's peace. In the cold and damp cave, Dafydd told the men to pray. Then, instead of crying, he began to sing.

Soon, all five trapped miners joined their voices together, singing a church hymn. They sang with all their hearts, praising God and choosing to be content and trust Him, no matter what happened next. Their hopeful song echoed through the solid rock.

On the other side of the cave-in, a rescue team was digging. They stopped their tools and listened. Through the thick stone, they actually heard the faint sound of the men singing! The song guided the rescuers right to them. After many long days trapped in the dark, the miners were finally pulled out to safety.

Singing praises to God is the best way to find peace and contentment, no matter how dark and scary the situation might be.

📖 Activity:

"Sing Your Thanks" Circle! Sit together in a circle. Instead of just speaking what you are thankful for, you have to sing it! Take turns singing a short phrase about a blessing (like making up a grand opera voice to sing, "I'm so thank-ful for my fluff-y dog!"). The sillier the tune, the better! This reminds us that praising God is fun, brings out our joy, and quickly turns a grumbling, discontented heart into a bright and happy one.



Today's Promise (#107) — KJV

Philippians 2:14 "Do all things without murmurings and disputings:"

♥ **Apply the Promise!**

"Murmuring" means complaining and grumbling, and "disputings" means arguing. When we whine about chores or dinner, we forget our blessings. God wants us to do everything with a thankful heart instead of a grumbling one!

📖 **Bible Story (Exodus 16, Numbers 14)**

God did wonderful miracles to rescue the Israelites from slavery in Egypt. He parted the deep sea so they could walk through on dry ground. He led them safely into the desert with a tall pillar of cloud by day and a bright fire by night. You might think they would be the most thankful people in the world!

But soon, the Israelites started to murmur and complain. Even though they were free, they began to grumble. They cried about missing the food they used to eat in Egypt. They complained that they were tired of walking and that the desert was too hot.

To show them His love, God did a miracle every single morning. He rained down sweet white bread from heaven called manna. He even brought cool, fresh water out of a solid rock so they would not be thirsty.

But it was never enough for them. They kept arguing with their leaders and murmuring against God. Because they focused on what they did not have instead of the miracles right in front of their eyes, God was very sad. There were serious consequences for their constant grumbling. Because they refused to trust His goodness and kept complaining about their journey, that group of people was not allowed to enter the new land God had promised them. By choosing to complain instead of being thankful, they missed out on a wonderful blessing.

The Israelites showed us that a complaining heart can keep us from enjoying God's special blessings.

☀️ **True Story**

When Helen Keller was a baby, she became sick with a high fever. The illness took away her ability to see and hear, leaving her in a dark, silent world. Because she could not hear voices, she could not easily learn how to speak. She often felt lonely and confused, and sometimes she threw angry tantrums. It would have been easy for Helen to spend her whole life murmuring about the things she could not do.

But when Helen was seven years old, a kind teacher named Annie Sullivan came to help her. One afternoon, while standing outside at a water pump, Annie held Helen's hand under the cool, rushing water. With her free hand, Annie traced the letters for the word "water" right into Helen's palm. Suddenly, Helen understood! She realized that those shapes were words, and words had meaning. A whole new world opened up for her.

Helen made a brave choice. Instead of being angry, she worked harder than anyone else. She learned to read books by using her fingers to feel special raised dots called Braille. She even learned how to speak out loud by gently touching her teacher's face to feel the words! It took years of hard practice, but she never gave up. As she grew older, Helen graduated from college and traveled to many different places to write books and encourage others who were hurting. Instead of focusing on her struggles, she chose to use the gifts God gave her to help the world.

Helen's brave choice reminds us that when we choose a thankful heart instead of a complaining one, we can find joy in any situation.

💬 **Discussion Questions:**

- What did the Israelites complain about even after God had helped them?
- What did Helen Keller learn to focus on instead of only thinking about what she could not do?
- Imagine you are served your absolute least favorite food for dinner. How can you practice not murmuring in that moment? What is something you could say instead?

📖 **Activity:**

Blindfold one person and hand them an everyday object, such as a sock, spoon, toy, or pencil. Let them guess what it is by touch. Then talk about how Helen Keller learned through touch and how many blessings we often forget to notice. Have each person name one thing they are thankful for that they can touch, see, hear, smell, or taste.



Today's Promise (#108) — KJV

Philippians 4:11-13 "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... I can do all things through Christ which strengtheneth me."

Hebrews 13:5 "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."

❤️ Apply the Promise!

Covetousness is always wanting more toys or money. Contentment is a happy peace, knowing that because God is with you, you already have everything you need!

📖 Bible Story (Philippians 4)

The Apostle Paul traveled thousands of miles to tell people about Jesus. Sometimes, his journeys were easy. People welcomed him as a guest and gave him big feasts to eat and soft beds to sleep in. But other times, his life was hard. He faced scary storms at sea, went many days without food, and was treated unkindly by angry crowds.

When Paul wrote his famous letter to the Philippians, he was actually a prisoner in the city of Rome. He was not living in a comfortable home. He was stuck inside, chained to a Roman guard every hour of the day and night. He could not go for a walk, visit his friends, or even choose what he wanted to eat.

Most people in that situation would have been miserable. They would have spent their days complaining and wishing for the freedom that everyone else had.

But Paul did not grumble. Instead, his letters were full of joy! He shared something wonderful with his friends. He wrote, "I have learned, in whatsoever state I am, therewith to be content." Paul did not mean that prison was easy. He meant that Jesus was with him there, and that was enough.

Paul knew what it was like to have plenty, and he knew what it was like to have little. He had been hungry, tired, and treated unfairly. But his joy did not depend on comfort, money, or freedom. His joy came from Christ, who promised to give him strength every single day.

Paul showed us that whether we have a lot or a little, we can be happy because Jesus is with us.

☀️ True Story

Matthew Henry lived a long time ago in England. He loved God and spent his life writing helpful books to teach people about the Bible. One evening, he was traveling home alone. As he was riding his horse along a quiet, dark dirt road, a group of thieves suddenly jumped out from the shadows. They stopped his horse, demanded his belongings, and stole his money.

For most people, being robbed by bad men would ruin their whole week. It would be easy to feel angry, scared, and upset. Many people would loudly complain and ask why God allowed something so bad to happen to them.

But Matthew had learned the secret of having a peaceful heart. When he finally made it safely home that night, he did not grumble or throw a fit. Instead, he sat down at his desk, opened his private journal, and wrote a list of four reasons he was actually thankful about being robbed!

First, he was thankful because he had safely lived a long time and had never been robbed before. Second, he was thankful that even though the men took his money, they did not hurt his body. Third, he was thankful that he did not have much money in his pocket anyway. And fourth, he was thankful that he was the victim, rather than being the wicked man stealing from others.

Matthew Henry proved that contentment doesn't mean bad things never happen to you. Contentment means choosing to find a reason to thank God no matter what happens.

💬 Discussion Questions:

- Where was Paul when he wrote that he had learned to be content?
- What did Matthew Henry do right after he got home from being robbed by thieves?
- If you had to write a "Thankful List" like Matthew Henry right now, what is one weird or unusual thing that happened recently that you can actually be thankful for?

📖 Activity:

Take turns tossing a coin in the air. If it lands on Heads, the person has to name something they have that makes them feel perfectly content (like a cozy bed or a great family). If it lands on Tails, they have to name something they don't have—but they are super thankful they don't have it (like a broken arm, or Brussels sprouts for dessert, or a skunk in their bedroom!) This helps us be content for both the things God gives us and the things He keeps away from us!

Contentment — Day 4



Precious Promises

Devotional Guide



🎵 Listen to
Scripture Song:



Today's Promise (#109) — KJV

1 Thessalonians 5:16-18 "Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

❤️ Apply the Promise!

God tells us to give thanks in everything. That doesn't mean we have to be happy when bad things happen. It means that even in the middle of a hard day or when we have lots of chores to do, we can still find something to be thankful for!

📖 Bible Story (Luke 10:38-42)

One afternoon, Jesus and His friends arrived in a village called Bethany to visit the home of two sisters named Mary and Martha. Can you imagine having Jesus as a guest in your own home? You might think everyone in the house would be full of joy and thankfulness.

But while Mary sat down quietly at Jesus' feet to listen to His teaching, Martha was hurrying around the house. She was busy trying to prepare a big meal, set the table, and make sure everything was perfect for her special guest. She was working so hard that she began to feel tired and upset. Instead of being thankful that the Savior was right there in her home, Martha started comparing her hard work to her sister's rest.

The more Martha looked at Mary just sitting there, the more worried and discontent she became. Finally, Martha could not take it anymore! She marched right up to Jesus and complained, "Lord, do you not care that my sister has left me to serve alone? Tell her to help me!"

But Jesus didn't scold Mary. Instead, He looked at Martha with love and gently told her that she was "careful and troubled about many things," but that Mary had chosen the better part. Martha had become so focused on her chores and what felt unfair that she completely missed the joy of just being with Jesus.

Mary showed us that if we only focus on our work and our complaints, we will forget to give thanks for the beautiful blessings right in front of us!

☀️ True Story

During World War II, Corrie ten Boom and her sister Betsie were sent to a terrible prison camp because they had helped protect Jewish people. Life in the camp was incredibly hard. They had to live in a dark, dirty, overcrowded building.

To make matters worse, their beds were completely infested with tiny, biting fleas! Corrie was disgusted and frustrated. It was so easy to complain and be deeply discontent. How could anyone be thankful in such a miserable place?

But Betsie had managed to sneak a small Bible into the camp. She opened it and read 1 Thessalonians 5:18: "In every thing give thanks." Betsie told Corrie they needed to pray and thank God for every single thing in their new room—even the terrible fleas! Corrie thought her sister was crazy. She told Betsie, "I will not thank God for fleas!" But Betsie insisted, so Corrie bowed her head and thanked God for the biting bugs.

Weeks went by, and the sisters noticed something amazing. They were able to read their Bible out loud and hold prayer meetings in their room every single day, and the cruel guards never once came inside to stop them.

Finally, they discovered the secret. Why did the guards refuse to ever step foot inside their room? Because they were terrified of the fleas! God had used those annoying little bugs to protect them. Corrie learned that we really can give thanks in everything! Corrie realized that when we stop complaining about our 'fleas' and start trusting God's plan, we often find that the very things we disliked were actually the tools God used to keep us safe.

💬 Discussion Questions:

- Why was Martha so grumpy and discontent while Mary was sitting at Jesus' feet?
- What did Betsie tell Corrie they needed to thank God for in their dark, dirty room?
- When you have to do a chore and your sibling gets to play, how can you practice being thankful instead of acting like Martha?

📖 Activity:

Have everyone sit in a circle. One person names a situation that is usually a bummer and makes people complain (for example: "We have to clean our bedrooms," or "We are stuck in a long line at the store"). The next person has to quickly find the "hidden blessing" to be thankful for in that situation (for example: "I am thankful I have a bed to clean," or "We get to spend more time talking together in line"). See how fast you can turn complaints into gratitude!



Today's Promise (#110) — KJV

1 Timothy 6:6-7 "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!

We didn't bring any stuff into this world when we were born, and we can't take any of it with us when we leave. True happiness doesn't come from getting more toys, but from loving God and being thankful for what He gives us right now.

📖 Bible Story (Luke 12:16-21)

Jesus told a story to help people understand what truly matters. He spoke about a wealthy farmer who owned a large piece of land. One year, the weather was perfect, and his fields grew such a huge harvest that his barns were bursting at the seams. He had grown more food than he could ever eat in a lifetime. But instead of being thankful to God for the blessing, or sharing his extra food with people in his town who were hungry, the farmer had a selfish heart. He did not think about God at all; he only thought about his piles of grain.

He sat down alone in his house and thought to himself, "What shall I do? I have no room to store all my crops!" He thought about his problem, and then he came up with a plan that he believed was clever. He said, "I know exactly what I will do! I will tear down my old barns and build bigger ones. I will store all my grain and my goods there. Then I can confidently tell my soul to sit back, eat, drink, and be merry for many years!"

He thought his towering piles of stuff would keep him happy, safe, and comfortable forever. He believed he did not need God because he had so much wealth. But God looked at him and said, "You are a fool! Tonight, your life on earth will be over. Now, who will get all these things you have kept for yourself?" The farmer realized too late that his earthly treasures could not save him. He was so busy trying to build bigger barns that he forgot to build a friendship with God.

This story helps us remember that nothing we own can last forever. True contentment comes from loving God, sharing what He gives us, and being rich toward Him.

☀️ True Story

William Borden was born into a wealthy family. By the time he was a teenager, he was a millionaire. He lived in a beautiful home and could have bought any toy or gadget he ever wanted. When he graduated from high school, his parents gave him a special gift: a trip to travel all the way around the world.

But as William traveled from country to country, he did not just look at the famous buildings or the scenery. He saw many people who were poor, hurting, and did not know about the love of Jesus. His heart began to change. He realized that holding onto his millions of dollars would never make him truly content. He knew his earthly wealth was temporary and that he could not take his money with him when his life was over.

Instead of building bigger barns to keep his money safe, William made a choice that shocked everyone who knew him. He decided to give his huge fortune away! He wanted to use his money to help the poor and to become a missionary. He wanted to tell people in faraway lands about Jesus.

Many of his friends thought he was crazy to give up his riches. But William wrote a famous note in the back of his Bible: "No reserves. No retreats. No regrets." He died with a perfectly peaceful heart, knowing he had traded earthly money for a heavenly reward.

William Borden's life reminds us that great gain is not found in what we keep for ourselves. It is found in loving God, giving freely, and living for something that will last forever.

💬 Discussion Questions:

- Why was the rich farmer called a "fool" even though he had so much stuff?
- Why did William Borden decide to give away his millions of dollars instead of keeping them?
- If you had to leave for Heaven today and could only take things that aren't made of plastic or metal, what would you bring?

📖 Activity:

Turn on your favorite scripture songs and grab a soft ball. Sit in a circle and start passing the ball as fast as you can! When you catch the ball, you have to quickly shout out one thing you are thankful to God for before passing it to the next person. When the music stops, the person holding the ball has to say, "Godliness with contentment is great gain!" Try to see how fast you can pass the ball without being the last person holding it when the music stops!