



## CHAPTER THREE

# LEARNING CONTENTMENT

### ***Children's Activity***

One of the best ways to be content with what you have is to take your eyes off of yourself and focus on putting others first.

Make a prayer journal you can start to use with your spiritual growth plan. You can purchase an inexpensive notebook at the store and decorate the cover. Or, you can make your own from scratch using paper, folded in half and stapled down the center line to form a booklet. Decorate the cover. If you like, you could even use a heavier card stock or even cardboard for a sturdier cover. If using cardboard, you may want to ask someone for a scrap of fabric to cover the cardboard. Be as creative or as simple as you like.

Write your prayer requests in your prayer journal and then watch and see what happens. Definitely include your own personal prayer requests, but also focus on praying for others. How can you pray for your family, your friends, and your neighbors? Who needs your prayers right now?

Keep a record of how God answers your specific prayers. Was His answer yes, no, not right now, or wait? How do you see Him working in the lives of the people you are praying for?