SUMMER BLUES

Everything is going wrong for Liz this summer, and he can't figure out how to fix his summer blues.

Let's Get Started

Episode Theme: How blessed are you?

1. Hebrews 13:5 talks about being happy with what you have. But what do you do when things go wrong? Complain? Cry? Try to find something to laugh about? Talk to friends? Go off by yourself? Pray?

2. 1 Thessalonians 5:18 says, "Give thanks in all circumstances, for this is God's will for you in Christ Jesus." Part of being content is to thank God daily. Paul the Apostle wrote the book of 1 Thessalonians, and these words sound strange when you see the suffering that Paul had in his life. 2 Corinthians 11:23-28 speaks of the many trials Paul faced. Some of them include was put in prison over and over, was flogged an uncounted number of times, received 39 lashes from the Jews 5 times, was beaten with rods 3 times and was stoned one time. He was even shipwrecked 3 times! Paul had a difficult life, but he still told his audience to give thanks. As you listen to the episode, think about what you thank God for.

Memory Verse

"Be content with what you have"

Hebrews 13:5

After You Listen

In this episode, Liz learned to be content and enjoy the blessings he has from God, rather than just complaining about what was going wrong.

"Contentment" is more than being happy. It's being at rest. When you're content, you're resting in God's care. In the Bible, Paul learned the secret of being content. It isn't having everything you want; it isn't even having everything you need. Paul said this: "I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength. … And my God will meet all your needs according to his glorious riches in Christ Jesus" (Philippians 4:11-13, 19). Do you see what the secret to contentment is? It's trusting God to meet all your needs, and relying on the strength he gives when you feel weak. When you trust God, you can spend time being thankful for what he has given you, rather than worrying about what he hasn't.

Want to dig deeper and learn how to be content? Check out Psalm 131:1-2, Hebrews 13:5, and 1 Timothy 6:6-7.

Challenge

After God led the Israelites out of slavery in Egypt, the Egyptian soldiers chased the Israelites to the Red Sea. God parted the Red Sea so that the Israelites could cross safely, but he sent the waves crashing in on the soldiers! God proved to the Israelites that he would always take care of them, even when things seemed

at their worst. Moses' sister Miriam sang this song of thankfulness with the Israelites: "Sing to the Lord, for he is highly exalted. The horse and its rider he has hurled into the sea!" (Exodus 15:21).

Like Miriam, sing a song of thankfulness to God today.

Give thanks with a grateful heart
Give thanks to the Holy One Give thanks because He's given Jesus Christ, His Son (x2)

And now let the weak say, "I am strong"
Let the poor say, "I am rich
Because of what the Lord has done for us" (x2) -- Henry Smith (1978)

Or write your own! What would your thankful song to God say? What are the ways he has taken care of you?

Take the Episode Quiz

Question 1: Name three things that go wrong for Liz.

Answer: The basketball courts are torn up for construction of new burger barn; the family car breaks down; and Spike might move away.

Question 2: Who comes to Daddy Oh's and annoys Liz?

Answer: An old lizard who comes in at the end of every day for a cup of coffee.

Question 3: What does Lucille suggest they do for fun?

Answer: Have a monkey bar race like they did when they were in grade school.

Question 4: Who fixes the Lacertas' car and offers Liz a job?

Answer: The Burger Barn president.

© ReFrame Ministries