

Black Belt EXCELLENCE

May Theme - Contentment



Memory Verse

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.

Philippians 4:12

“What does karate have to do with contentment?” you may ask. Isn’t the goal to be more, to do better, to be the best? Last month we learned that perseverance comes from God, and is an essential quality in our growth as karate students. Perseverance is refusing to give up when life is hard. But contentment also comes from God and helps us in the struggle. As we strive for excellence in karate, contentment will help us enjoy the process and find the best source of strength, God Himself.

Most of us want things that we don’t have. Or maybe we want more of what we’ve already got. A better bike, more time with our parents or friends, the newest video game app, there is always something that we think will make us happier. Being **Contentment means you decide to be happy with what you have.** There’s nothing wrong with being better at something you want to be really good at. There’s nothing wrong with wanting another piece of cake or another app for a video game.

Now this is the catcher when God talks about being content in every situation. It means don’t complain. Maybe you don’t have a bicycle like your best friend, but you do have a bicycle. Be happy with the one you have. Maybe you didn’t get picked to be on the cheer team or the basketball team, try something else. Kind of like this: Coach: I’m sorry Lindsey, you didn’t make the cheer team. Lindsey: Oh, that’s ok. I’ll try out for the gymnastics team. Thanks anyway. Coach: I’m sorry Caleb, you didn’t make the basketball team. Caleb: Oh, that’s ok. That will give me more time to improve and practice my karate.

Be content with the abilities that God gave you. When you have contentment or being content, you’re satisfied no matter what happens. Being content will help you in karate, in school, in every area of your life! If you ever feel dissatisfied about ANYTHING, focus on God and He will give you the strength to be content.

6 Requirements of the Stripe of Excellence

- ◆ Black Belt Excellence behavior at home
- ◆ Black Belt Excellence behavior and passing grades at school
- ◆ Overall performance and attendance at the karate school
- ◆ Completion of the monthly Black Belt Excellence activity sheet and assignment
- ◆ Returning the Black Belt Excellence sheet when due
- ◆ Returning the Excellence sheet on time, qualifies you for student of the month and belt testing

Return your BBE Sheet to an instructor at the beginning of class to receive your black stripe.

Due by May 25th

This month my son/daughter or student has demonstrated both at home and at school those qualities of responsibility required by our school for students seeking to earn the *Black Belt Excellence Stripe*.

First Name _____

Last Name _____

Date: _____

Parent Signature _____

Date Posted by Instructor _____



Due by May 25

Name: _____

1. When we focus on God, He helps us be content. What is one good promise God has given us?

2. When we focus on what we don't have, it can make us miserable. What is something you've been wanting that you don't have?

3. When we focus on what we used to have, we can miss what we have now. What is something you've lost that makes you sad?

What is something you have now that is a blessing?

4. When we focus on stuff, we can miss what matters. What is something that you place your focus upon?

5. When we focus on God, we don't have to worry. What is something that you are tempted to worry about?

6. Take time to pray about all of the answers above! Ask God to help you focus on His goodness and not on all the things that can make you discontent! (very important: do not skip this step) check off box when done:

Solve the code to discover Paul's secret to contentment:

Code Box: substitute top or bottom letter for its partner (example a=n)

A	B	C	D	E	F	G	H	I	J	K	L	M	1	2	3	4	5
N	O	P	Q	R	S	T	U	V	W	X	Y	Z	6	7	8	9	

v̄ pna qb̄ rirelguvat̄ guebhtū uvz̄ jub̄ tvirf̄

zr̄ fgeratgū Cuvyvccvna f̄ 9:68