



THE CONTENTMENT PROJECT



CLOTHING

Mark Twain once said, "Clothes make a man. Naked people have little or no influence on society." Adequate clothing provides protection from nature's elements, but our wardrobe meets needs beyond the physical. Clothing has the ability to give and take away confidence, make first impressions, and open doors of opportunity.

This week we will be limiting our clothing options in order to grow in compassion, gratitude, and contentment.

ISAIAH 61:10 (NIV)

I will rejoice greatly in the LORD, My soul will exult in my God; For He has clothed me with garments of salvation, He has wrapped me with a robe of righteousness, As a bridegroom decks himself with a garland, And as a bride adorns herself with her jewels.

As we limit our wardrobes this week, let it remind us that God desires to clothe us with righteousness, salvation, joy, and compassion.

...IN PLENTY OR IN WANT

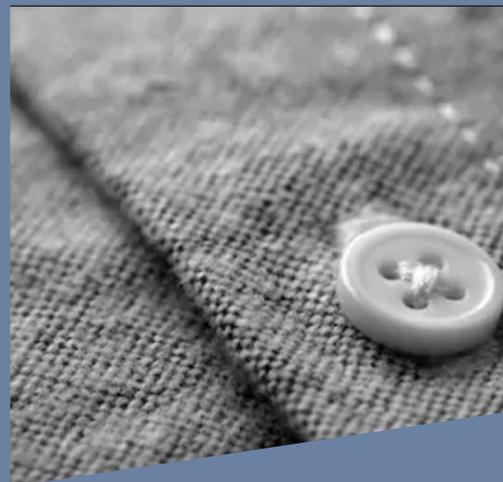
SOMETHING TO PONDER...

At Van Nuys High School, Sara Carrasco, a school liaison between teachers and parents, often hears about students who want to stay home because of their clothes—not because they don't have garments with designer labels, but because they simply lack more than one shirt or one pair of pants.

"A parent told me [recently] that her son doesn't want to come to school anymore because he only has one pair of pants and one shirt," Carrasco said. "He's embarrassed. His classmates were teasing him."

The boy's mother turned to charity, finding a jacket, three pairs of pants, and some T-shirts from the school's collection of donated clothes or unclaimed items in a lost-and-found box. Many schools in Los Angeles Unified have similar stashes. On cold days at Morningside Elementary School in San Fernando, Veronica Sosa, a parent volunteer, regularly scans the playground and summons children who are running around in thin or torn shirts.

-LATimes.com-



"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

~ William Arthur Ward ~

-DISCUSS-

- What parts of this article impacted you the most? Why?
- As we prepare to limit our access to clothing, how do you think your experience will be the similar to or different from the people in the article?
- If you fell on hard times and found yourself in a situation like above, what would be the biggest challenges?

"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." Philippians 4:12

CHALLENGES



Limitations (Pick 1 or more)

- Wear one (or two) pairs of pants, shirt, and socks for the week
- Wash your clothes at a laundromat
- Wear clothing that is torn, tattered or the wrong size

GENEROSITY (Pick 1 or more)

- Donate used clothing to A Precious Child
- Donate new clothing, coats, boots and cold weather wear to A Precious Child
- Donate new coats, boots, gloves, etc to your local school
- Donate lotions, nice Kleenex and Chapstick to Broomfield Skilled Nursing
- Clean out your kid's closet and offer to a neighbor with a child who is smaller



CLOTHING DEBRIEF

Spend the first 40 minutes of your group time debriefing the previous week's experiences. Below are questions to help you facilitate discussion. Don't feel pressured to discuss all the questions. Handpick a few that you think will create a meaningful discussion.

- How did limiting your access to clothing effect your household's rhythms, moods, and social interactions (positively or negatively)?
- In what ways did this week produce appreciation and gratitude within you?
- What new perspectives did you gain?
- What would be gained or lost if you lived with these limitations permanently?
- In what ways, does living with less free you up to be more generous?
- What did this experiment reveal about yourself, your household, and the ways you seek happiness?