

Gratitude

letting others know you
see how they've helped you

BOTTOM LINE: Celebrate what God has done.

Read Psalm 100:

DAY

1

Spell out your thankfulness!

Use the word **THANKFUL** to create an acrostic of things that you are thankful for! You can use words or pictures for your acrostic! If needed, use a separate sheet of paper.

For example: T- time with family or draw a picture of you spending time with family!

Look for daily chances to say "thank you" to those who you are grateful for.

DAY

2

The Art of Creation

Grab a rock from outside. Using whatever art supplies you can, decorate the rock and add the Bible verse from below. Next time you are at a park, leave the rock somewhere for someone to find. **LOOK** at how you used the creativity God has given you to share with others and to make a new creation.

**"Shout for joy to the Lord,
everyone on earth." — Psalm 100:1**

DAY

3

Celebration Card

Pick someone and make them a special card. It could be a family member, neighbor, or small group leader. Tell them why you are thankful for them and be sure to decorate and deliver the card!

ASK God to help you be a blessing to others.

DAY

4

Celebrate!

Celebrate all God has done for you by throwing a little celebration with your family! Ask an adult to help you fix your favorite healthy snack and drink. Get those you live with together and grab your celebration stick from small group this week, sit together and go around talking about things that you can celebrate and be thankful for in your life. Let out a cheer and wave those sticks around to celebrate God's goodness after each person finishes.

Know that God gives all things and to be thankful to Him always!



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BOTTOM LINE: Adjust your attitude.

Read Ecclesiastes 6:9a

DAY 1

Walk and Talk

Walk around your house or neighborhood and take a mental picture of all the things God has given you. Has He blessed you with people to care for you, food to eat, and friends to play with? Talk to God and thank Him for all He has done for you, list some of the things you found on your walk in your prayer and share with your family.

Thank God for all His blessings!

DAY 2

Thank God for Your Meal

Take a moment to **THINK** about something specific in your meal for which you are thankful. Tell the person who cooked the meal how grateful you are for the food they made and ask to pray for the meal before everyone eats. Take turns going around the table and have everyone pick out the one specific item in their meal they are really grateful for. Your thankfulness will help you appreciate your meal.

Prayer:

"God, I thank you for my food and, _____, who made it. Thank you for providing for me. Help me to be grateful for all that you give me.
Amen."

DAY 3

Draw It Out

Draw a picture of an object or situation that you do not like. Maybe you do not like the dark or you think spiders are icky. Put as much detail into your drawing as possible. As you finish your drawing, imagine what it would be like if you were thankful for the thing in your drawing.

LOOK at the drawing and think about the object or situation with thankfulness.

DAY 4

A Thankful Reminder

Memorize the verse below by making it a song or rap. Sing out for your family when you are done. Whenever you feel ungrateful for something, start singing the verse.

ASK God to help you have a better attitude.

"Being satisfied with what you have is better than always wanting more." —Ecclesiastes 6:9a, NIV



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BOTTOM LINE: Say thank you.

Read I Corinthians 4:1

DAY 1

Thank You Jar

Grab a jar and some sheets of paper cut into strips. On each strip of paper write: Make a card, bake a treat, draw a picture, give a high-five, and any other ideas you might have to say **'thank you'**. Now, fold your strips of paper up and put them in the jar. Whenever you need to thank someone, go to the jar and pick one strip out and complete the task! Write the verse on the jar and **THINK** about all the ways you can say **"thank you"** to someone.

DAY 2

Say It with Meaning

When someone does something nice for you this week, say **"thank you."**

Be specific. Tell the person how much their kindness meant to you.

KNOW that what you say can build others up.

DAY 3

Prayer of Thanksgiving

Pray a prayer of thanks for the people in your life. Pray specifically. Let God know why you are thankful.

ASK God to bless those special to you.

"Prayer: God, I thank You for _____ It was really nice of her/him to _____ for me. Bless _____ and show her/him Your love.
Amen."

DAY 4

Return the Favor

When someone does something nice for you this week, do two nice things for them in return. It is fun to do nice things even if they will not know you were the one who did them.

LOOK for things you could do to help the other person.



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BOTTOM LINE: Always be grateful.

Read | Thessalonians 5:18

DAY
1

Gratitude Book

Create a Gratitude Book by decorating a folder and writing the memory verse on the cover. Whenever you have a moment of gratitude, draw a picture of it and save it in your book. Then work on the memory verse. Whenever you are having a bad day, look through your book to remind you of all the good things God has done in your life.

KNOW that God uses the bad times that happen to us to help us grow closer to Him and we can always find a way to be grateful.

DAY
3

Thank You, Jesus

Every day this week pick one good thing and one bad thing for which you can be thankful. Make sure and thank Jesus specifically.

ASK Jesus to help you be thankful in all things.

Prayer:

"Jesus, I thank You for _____ and
_____. Thank You for Your love for
me. Help me to be thankful always.
Amen."

DAY
2

Someone Else's Cookies

With the help of a grownup, make a kind of cookies that someone else wants, but you may not like. Even though you are making cookies you don't like, thank God for providing for you. When they are finished, give the cookies to someone who will like them.

THINK about all the ways God provides for you even when you don't get what you want.

DAY
4

Thankful Dance Party

Grab your family members and put on your favorite praise and worship songs.

Dance, sing, and laugh together.

LOOK at all the people that surround you and be thankful.

