

# Gratitude

letting others know you  
see how they've helped you

Week 1  
K-5TH GRADE

## READ PSALM 100:1-2

## DAY 1

This month is all about gratitude! Gratitude is letting others know you see how they've helped you. Did you know that it's important to show gratitude to God? One of the BIG ways we do that is by singing to or praising God! Did you know that the word "psalm" means song? The verses you read in the book of Psalm are actually song lyrics!

Today, you're going to be the songwriter. Write a song or rap using the words of this verse. Either write using your own beat or pick a tune you already know (like "Row, Row, Row Your Boat" or "Twinkle, Twinkle, Little Star"). For the rap, think about how you could write out the verse in your own words to make the words flow.

At your next family meal, ask if you can sing or rap this verse before you eat as a prayer to God.

**THANK** God for ALL He's done.

## READ PSALM 100:3

## DAY 2

God made YOU! He carefully crafted every part of you. There is no one else exactly like you! And you belong to Him. Nothing you can do—or not do—could make Him love you any less. That is amazing!

Celebrate how God has created you. EVERY time you look in the mirror, say out loud, "God made me and I belong to Him." Remind yourself that God made you special and He loves you very much. And every time you do, you'll be thanking Him and celebrating Him for creating wonderful you!

**ASK** God to help you remember that He made you and you belong to Him.

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## READ PSALM 100:4

DAY 3

Why do you go to church? Why is it important to you?

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There are three big reasons we go to church:

1. To learn more about how to follow God.
2. To praise God together with our friends.
3. To encourage one another to follow God the rest of the week.

How did you praise God at church this past Sunday? Did you sing to Him? Do you remember the words to any of the songs you sang during the worship time? The words of the songs you sing at church remind you of who God is and how much He loves you. Remember this week to celebrate with gratitude all that God has done.

**LISTEN** to and sing along with praise songs this week in the car.

## READ PSALM 100:5

DAY 4

Can you think of something that happened this week that wasn't so awesome? Maybe you totally bombed your spelling test. Maybe you just can't seem to memorize those pesky times tables. Maybe you got in a fight with your sibling and you're STILL mad.

We all face stuff that makes us sad or isn't so awesome. But God wants us to remember that even when bad stuff comes our way, that HE is still good. He is still completely in control and His love stays the same. Forever. What a HUGE reason to be grateful for His unchanging and unending love.

Write a prayer to God, explaining the not so awesome thing that happened. Ask Him to help you see how you can make it better. Then thank Him for loving you and for being in control NO matter what happens.

**KNOW** that God is good and He loves you. Always. Forever.

Celebrate what  
God has done.