

# Gratitude

letting others know you  
see how they've helped you

Week 2  
K-5TH GRADE

## READ COLOSSIANS 2:7

## DAY 1

Have you ever pulled up a plant from the ground? What lies beneath the surface of the plant? To have a healthy plant you have to have a healthy root system. Those roots are what soak up all the nutrients in the water and soil to help it grow.

Did you know that your faith needs strong roots? It's true! Strong roots are the big secret to having an attitude of gratitude. So how can you get those strong roots? By doing what you're doing RIGHT now. By showing up at church for your small group. By praying and talking to your mom or dad or about God. And as you grow in your faith, you will notice your attitude will change to one of gratitude. God will help you grow strong in Him so that you can be more thankful than EVER before.

Plant a seed! Pour some soil into a clear plastic cup to fill it up halfway. Place a seed into the center and cover it up with more soil. Water and keep the cup on near a window where it can get some sun. Watch what happens!

**THANK** God for the opportunity to grow in your faith so you can be more thankful!

## READ EPHESIANS 2:8-9

## DAY 2

Over 2,000 years ago God gave us the most precious and priceless gift ever. God gave us Jesus. Jesus came to the earth as a baby, grew up and lived a perfect life, died on the cross for your sins and rose again to BEAT death once and for all. Why? So that you could be forgiven.

On a piece of paper, write down all the good things you've done—it can be anything like "played with my little sister" or "put away my bike."

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Did you come up with a pretty good list? The problem is, you can't do enough good things to earn your way into a relationship with God. Doing good doesn't make you perfect. Perfection isn't what is required because God is perfect

Now draw a large cross over your list of good things. God's gift of Jesus wasn't something you deserved and it isn't something you can earn by doing good. God sent Jesus because He loves you and wants a relationship with you. And that's reason enough to be grateful.

**ASK** God help you remember this BIG gift and adjust your attitude.

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## READ ECCLESIASTES 6:9

## DAY 3

Have you ever tried to chase the wind or catch a bird in your hand? Impossible right? You know what makes gratitude almost impossible? Comparison. It's as silly as chasing the wind. Because comparison—looking at what other people have versus what you have—is pretty pointless. It's better, God says, to be satisfied or grateful for what you DO have, rather than wanting more or what other people have. God promises to provide for all your needs and He wants you to live a life of gratitude.

Go for a walk with your family. Talk about all the amazing things God has made—take the time to point to specific things you see and feel the wind on your face. Thank God for the body He's given you, eyes to see, ears to hear, hands to touch, lungs to breathe in the cool air, and the list goes on!

**LOOK** for and **NAME** all the things you have to be thankful for so you can avoid the pointless game of comparison.

## READ COLOSSIANS 3:15

## DAY 4

There is ALWAYS something to be grateful for. Always. Even when things seem bad, even when nothing goes your way, or even when everything is hard there is always a reason to be thankful. And while you can't change what happens to you when you have a bad day, you can choose how you respond. You can't control your circumstances or the things that happen to you, but you can adjust your attitude and choose one of gratitude.

At some point today, sit down with your family in a circle. Name one bad event—real or make believe. Then ask each person in your family to name something good that could come from that bad event. For instance, you might say, "It rained on field day." And someone might answer—"You were able to play inside the gym instead and no one got sunburned."

**KNOW** that God can always make something good out of something bad when we choose gratitude.

Adjust your  
attitude.