

Gratitude

letting others know you
see how they've helped you

Week 4
K-5TH GRADE

READ 1 THESSALONIANS 5:18

DAY 1

When should we be joyful? _____

When should we pray? _____

When should we give thanks? _____

What about when bad things happen? What about when someone is sick, or when you have to move, or when your mom loses her job? Is it possible to still be grateful even in these situations?

The answer is yes! These verses remind us that we can choose to give thanks no matter what happens. This doesn't mean that we should be thankful FOR the bad things. God doesn't ask us to be grateful for the difficult circumstance. But He does challenge us to find something, even in the midst of the not so awesome stuff, to be grateful for. Because there is always a reason to be grateful.

THANK God for the opportunity to show gratitude even when things are hard.

READ PSALM 34:1-3

DAY 2

God made you and He thinks you're pretty awesome. And one of the best ways you can say thank you to Him is to do good in the world. When you use your talents to make the world a better place, you show God how grateful you are for the amazing way He made you.

To show God your gratitude this week, we have a challenge for you! Your challenge is to share one of your talents with someone else. You could sing a song, tell a joke to make someone laugh, draw a picture to brighten someone's day or you could choose to listen and be a good friend. You honor God when you share your talents and make others happy.

ASK God to help you use your talents to make someone else's day.

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READ COLOSSIANS 3:17

DAY 3

Gratitude is letting others know you see how they've helped you. That means that even if you FEEL grateful, others won't know you really are unless you say and show it. This verse reminds us to give thanks when? Some of the time? Only when we feel like? Nope. Always.

Draw a clock on a blank piece of paper. In the center of the clock write this verse and decorate it anyway you choose. Cut out the clock and place it in your Bible as a reminder to be grateful at all times.

LOOK for ways to show gratitude this week.

READ 1 CHRONICLES 23:30

DAY 4

Do you have any habits? Some habits are good ones—like always brushing your teeth before bed or wearing your helmet when you ride your bike. Some habits are not so good—like biting your nails, or constantly interrupting, or grinding your teeth.

Here's a new gratitude habit you can begin TOMORROW. Every time you pray thank God for three things. Just three. You don't have to use big words. You can thank Him for simple things like sunshine or chocolate ice cream. The important part is to make sure that each time you pray, you're taking time to say 'thank you.' Once you start with something small, you'll begin to notice other ways you can show gratitude too. Before you know it, your every once in a while thank you's will become a regular habit.

KNOW that God loves it when we say thank you.

Always
be grateful.