

Gratitude is letting others know you see how they've helped you.

DAY 1

Read 1 Thessalonians 5:18

This month is all about gratitude – letting others know you see how they've helped you. When things don't go your way, can you still “give thanks no matter what?” You might not be able to control when bad things happen to you, but you can always find something to be grateful for.

Jar of Thanksgiving

Since thankfulness is a choice, let's create a thankfulness jar. Find a jar or other clear plastic container and place it in your home where everyone can see it. Collect scraps of paper and something to write with. As you think of things to be thankful for, write them down, fold them up and place them in the jar. See if you can fill the jar up this month!

DAY 2

Read Colossians 2:6-7

Have you ever studied how a tree grows to be so tall? In order for a tree to grow tall and strong, it has to have a healthy root system to support it. Those roots pull water, oxygen, and minerals from the soil to help it grow. They also serve as an anchor underground, helping to hold the tree firmly in place.

Just like the roots of a tree help it to grow, being rooted in your faith helps you stand strong and choose gratitude. When your faith grows, an attitude of thankfulness is likely to follow.

Tree of Thankfulness

Head outside and find a tree or look one up online with an adult's permission. Look closely at the roots of the tree. Are there some that stick up out of the ground that you might trip over? How tall do you think it is? After you look at the tree, spend some time asking God to help you have an attitude of thankfulness.

DAY 3

Read Colossians 3:17

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 it and show it. This verse reminds us to give thanks when? Always.

Did you know that as a follower of Jesus, you have the biggest reason to be thankful? Because of what Jesus has done, you are forgiven. Nothing can separate you from His love. Even if things around you aren't the way you want, you can find a way to be thankful.

Thank You For The Cross

Draw the outline of a cross in the center of a piece of paper. Write this verse somewhere inside the cross. Cut out the cross and place it in your Bible as a reminder that because of Jesus, you can always be grateful.

DAY 4

Read Romans 8:28

Even if you can't see it, as Paul reminds us, God is working all things together for our good. God can take our highs and lows and use them all for good. We can be thankful when we remember how God is faithful!

Highs and Lows

Share your highs and lows for the day with your family and read this verse together. Then share one thing you're thankful for, despite the low you mentioned. Remember, there's always something to be grateful for. And who knows? One day you might look back on that "low" and realize that God used it for good.



You always
have something to
be grateful for.



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DAY 1

Read Psalm 92:1

When someone does something nice for you, it's easy to look them in the eye and say, "thank you." But what about someone you can't see? Do you remember to thank God for being so good to you? Gratitude starts with God. God loves you so much and cares for you every single day.



Thankfulness Jar

Once you get started, it's not that hard to think of a whole lot of things to thank God for. Make a thankfulness jar if you didn't make one last week and write down three things God has done that you're thankful for. Then tell God thanks as you celebrate those things.

DAY 2

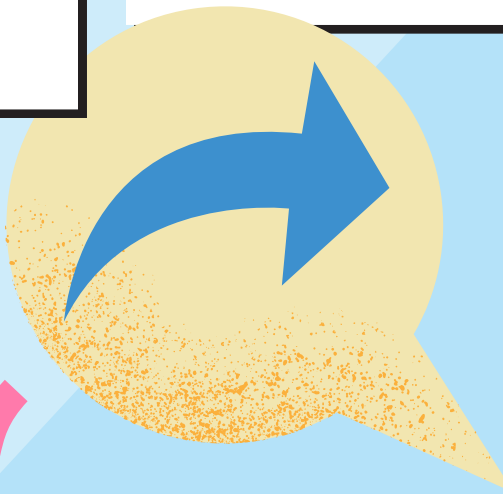
Read Psalm 100:5

We all face stuff that makes us sad or isn't so awesome. But remember even when bad stuff comes our way, God is still good. God's love stays the same. And God is ALWAYS with us. What a huge reason to be grateful!



Prayer of Thanks

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



DAY 3

Read Psalm 118:24

Is there anything you are worried about today? Remember, “The Lord has done it on this day.” That means that we don’t have to worry because God is with us. We may not like all the things that happen to us, but we can be sure that God is with us through all of it. We can trust God no matter what. And God will be with us to help us face whatever might come our way.

Head to your thankfulness jar and write down three new things you’re thankful for. If you can think of more than three, add those too! Be thankful that God is always with you, even on a bad day.

DAY 4

Read Ecclesiastes 6:9

Have you ever tried to chase the wind in your hands? Impossible right? You know what makes gratitude almost impossible? Comparison. It’s as silly as chasing the wind. That’s because looking at what other people have versus what you have is pretty pointless. It’s better to be satisfied and grateful for what you do have, rather than wanting more or comparing it to others. God promises to provide for all your needs. When you live a life of gratitude, you don’t have to waste your time looking at what other people have.

Get Outside

Go for a walk with your family. Talk about all the amazing things God has made – feel the wind on your face or take the time to point to specific things you see. Ask God to help you stop and say “thank you” this week so you don’t fall into the comparison trap!



**Celebrate what
God has done.**

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DAY 1

Read Luke 17:15-19

How many people did Jesus heal that day?

How many of those men returned to say, "Thank you?" _____

Do you think those men Jesus healed were grateful? Probably. But only one took the time to actually say he was thankful.

Saying "thank you" isn't hard. It's just two words. But saying "thank you" can make a big difference. So, be like that one guy. Choose to say those two simple words when someone does something nice for you.

Handfuls of Thanks

Fold a piece of paper in half. Place your hand on the paper so that your pinkie lines up with the folded edge. Trace around your hand then use scissors to cut around it, leaving the fold next to your pinkie intact. Once unfolded, you should have a handprint card to share with someone. Write down ten reasons why you're thankful for this person, one reason on each finger. Sign the card and give it to the person you've chosen.

DAY 2

Read Psalm 136:1-3

Everything changes. The seasons. Your shoe size. The weather. Your likes and dislikes. Even the leaves on the trees. But God's love for you never changes. God's faithful love continues forever.

Read this verse aloud at your family meal this week. Ask an adult to read the "Give thanks..." lines below as the rest of the family responds with "His faithful love continues forever." Use these verses as a prayer of Thanksgiving to the God who loves you so much.

Prayer of Thanksgiving

Leader: "Give thanks to the Lord, because He is good.

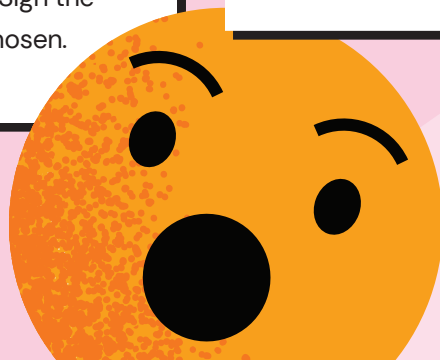
Everyone else: "His faithful love continues forever.

Leader: "Give thanks to the greatest God of all."

Everyone else: "His faithful love continues forever."

Leader: "Give thanks to the most powerful Lord of all."

Everyone else: "His faithful love continues forever."



DAY 3

Read James 1:17

Think about all the good things in your world. Like your family. Or friends. Or your big fluffy dog. Did you know that all of those good things come from one place, from one source? Every good gift comes from God! That's why it's important to thank God for all that you have. God loves you with an always, never changing, no matter what, kind of love.

Shifting Shadows

Head outside for a little science experiment. Find a sunny spot where you can cast a shadow. Ask your adult or older sibling to outline your shadow at three different times of the day: 9 am, noon, and 3 pm. Make sure to label each shadow with the time. At the end of the day, compare the changing shadows.

DAY 4

Read Psalm 103:1

Do you know why saying "Thank You" is so important? Gratitude is letting others know you see how they've helped you. It's speaking up and saying it out loud.

This is true when it comes to how we talk to God too. When we say thank you to God, we remember how God has helped us. We can talk to God and tell God what we're worried about and ask for help. But it's sometimes helpful to start by saying "Thank You." Gratitude reminds us who we're talking to and helps us show honor and worth to our amazing God.

Talk To God

When do you talk to God? Before a meal, in the car on the way to school or at bedtime? As you talk to God this week, try to spend more time saying "Thank you" than "Please help" or "I want." When you do, deep down you'll be praising God for being so amazing—and that's exactly what God deserves.



Take time to
say thank you.

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DAY 1

Read 1 Chronicles 23:30

Do you have any habits? Some habits are good ones – like always brushing your teeth before bed. Some habits are not so good – like biting your nails. A habit is something you do that becomes normal through repetition. That means that you can put some good habits in place simply by practicing.

The Gratitude Habit

Here's a new gratitude habit you can begin tomorrow. When you pray, thank God for three things. You don't have to use big words. You can thank God 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. And before you know it, saying "thank you" will become a regular part of your day.

DAY 2

Read Lamentations 3:21-23

Do you ever mess up? Do you ever make a mistake and wish you had a "do over?" Everybody at some point wishes they could go back and act differently. If you could turn back time, you wouldn't do or say the thing that messed things up.

Today's verse reminds us that God's love for us is new every morning. That means that when you mess up, you can find forgiveness. If you ever need a "do over" remember that with God, it's possible every single day.

Where do you need a "do over?" Is there are situation where you need to make it right? Ask God to forgive you and take the steps needed to show gratitude the next time.

DAY 3

Read Philippians 1:3

On a scale of 1 to 10, 1 being low gratitude and 10 being high, how grateful are you? _____

Now ask someone in your family the following question about YOU: “On a scale of 1 to 10, how grateful would you say I am? _____

Do the numbers line up? Is one higher than the other? Why?

It doesn't really matter if we feel grateful. What matters is that others know we're grateful. After all, gratitude is letting OTHERS know you see how they've helped you.

If your gratitude score is low, ask God to help you show just how thankful you are with your words and actions over the next few days. Build the habit of being grateful so that you don't just feel it but you show it.

DAY 4

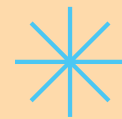
Read Psalm 103:2

Today's verse sets a pretty high standard: “I will not forget anything God does for me.” Really? Not forget anything? Does that mean we're supposed to remember everything?

The truth is, you probably will forget to thank God sometimes. That's why you should establish some regular habits for thanking God throughout your day. You've done that this month with your Thankfulness Jar!

Thankfulness Jar Reveal

The next time your family is together, dump out all the slips of paper in your thankfulness jar and take turns reading the things you've written down this month. Stop and pray together and thank God for all these good things from the past month. Decide together if you want to keep up with your thankfulness jar or find another way to make a habit of showing gratitude in the future.



Make a habit of
being grateful.