

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

WEEK
1
1ST

Read: 1 Thessalonians 5:18

DAY
1

I'm Grateful

Color in the letters on the back of this page. As you are coloring, think of things you are grateful for that start with each letter. For example, "G" could be grandparents. Write or draw these words and share it with someone.

Know that we have so much to be grateful for.

DAY
2

What Can You Find?

It's time to go on a scavenger hunt! Take a few minutes to look around your house and find five things that you are most grateful for. Ask a parent if you can bring these items to dinner tonight and share why you are grateful for them.

Look around you to see all that you have to be grateful for.

DAY
3

No Matter What

Do you have a hard time being grateful when you don't get what you want? Ask an adult to help you look up 1 Thessalonians 5:18 in the Bible and highlight it. God wants us to be thankful no matter what! Let's pray and ask God to help us to be grateful no matter what!

Dear God,

I have so much to be grateful for. I am grateful for _____. Help me to remember to be thankful in the good times and bad times. I want to have a thankful heart, no matter what!

In Jesus' name, amen.

DAY
4

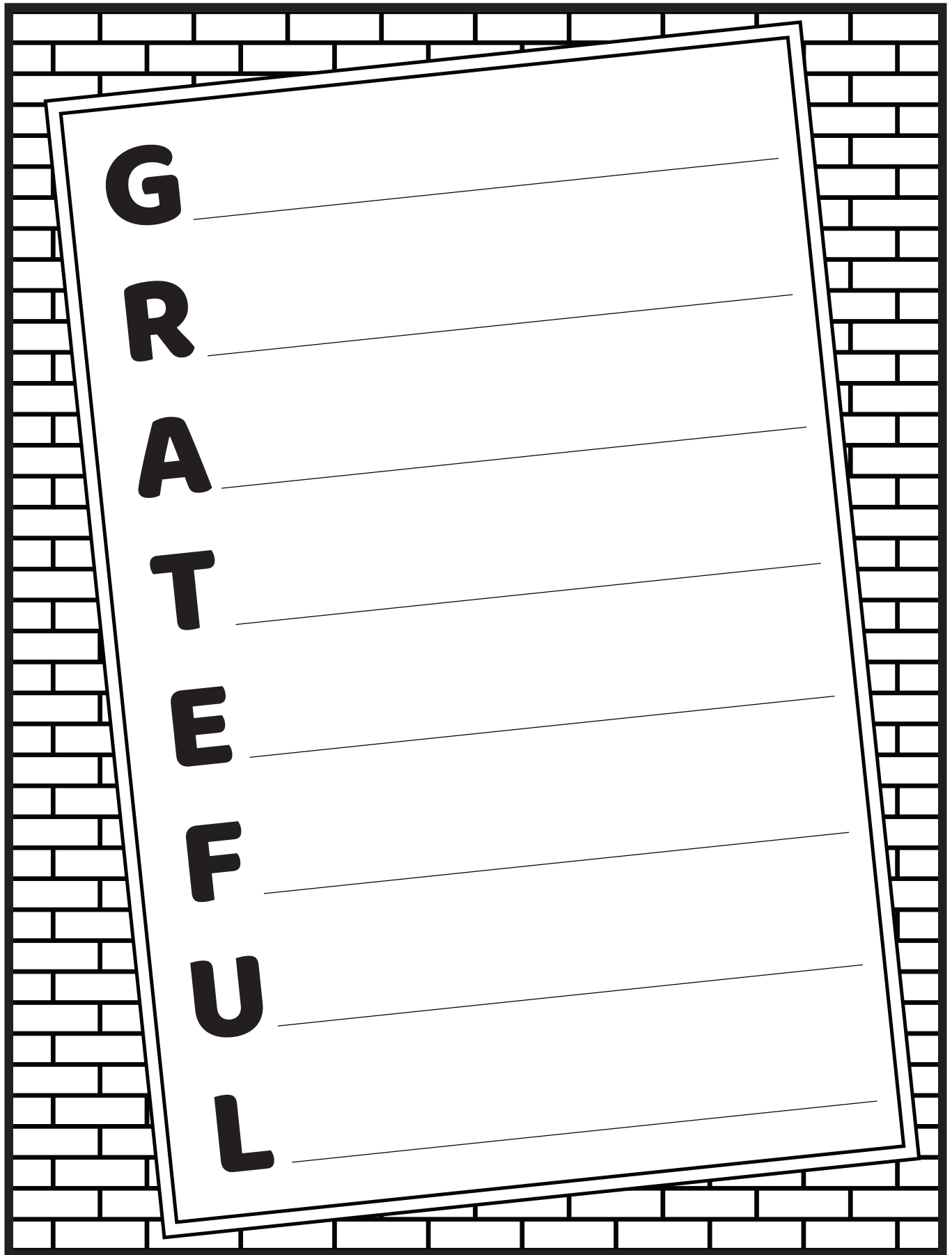
My Grateful Tree

Ask an adult to go outside to help you find four small sticks and one larger stick to make your very own grateful tree. Once you have collected the sticks, find a piece of paper and glue them on the paper into the shape of a tree using the larger stick as the trunk and the four small sticks as branches. Above each branch, use a marker and write something that you are grateful for and put it somewhere you'll see it daily.

Ask God to help you to always be grateful.

You always have something to be grateful for.

PARENT CUE



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



DAY 1

Read 1 Thessalonians 5:18

Have you ever had a really bad day? A day where nothing seemed to go your way? We've all had days like that. But that doesn't mean we get a pass on gratitude. That's what this month is all about. Gratitude is letting others know you see how they've helped you.

Our verse today reminds us that you ALWAYS have something to be grateful for.

Ask your mom or dad for some duct tape or masking tape. Tear off a piece about six to eight inches long and fold it so the sticky sides are together. Write the words, *Give thanks no matter what*. Then fit it around your wrist to create a bracelet. **Every time you look at your bracelet this week, remember you always have something to be grateful for.**

DAY 2

Read 1 Chronicles 16:34

We always have something to be grateful for because God's love for us never changes. And it never ends. He is always good. He always loves. You can count on God to love you no matter what.

Right now, start a "Gratitude List" for the month. Grab a piece of paper and fold it or divide it into fifths. Write weekly headings for each section. (ex. Week 1) Inside the Week 1 section at the top, write down five things or draw five simple pictures of things you are grateful for. **Keep your page with your Bible so you can add to it each week.**

**You always have
something to be grateful for.**

PARENT CUE

DAY 3

Read Colossians 3:15

Have you ever found a toy in your home that you forgot about? Maybe it became new all over again? Or you decided it was time to get rid of? When the “newness” wears off from a toy it’s easy to forget about how thankful you were when you first got it.

Dig to the bottom of your toy bin or the back of that closet. Pull out five things and spend some time being grateful for each one. Try to remember when you received it and who gave it to you. And if it’s something you’ve outgrown, consider donating it to someone that will use and enjoy it.

Spend some time asking God to help you focus on being grateful.

DAY 4

Read 2 Corinthians 4:14–15

There is some really good news in today’s verse. Because Jesus chose to die on the cross for all the wrong things we’ve done and because God raised Him back to life, when we trust Him, we are forgiven. Once you trust Jesus as your savior, you are His, always. Nothing can separate you from Him. Even when you mess up. Even when you face hard things. Even when it feels like the worst day ever.

Jesus loves you. He proved just how much when He faced the cross for you. So, one thing you can do in response is to be grateful. Because of what Jesus has done for you, you always have something to be grateful for.

To help you practice gratitude, write the words “Thank You, Jesus, for . . .” on a sticky note and stick it on your bathroom mirror. Every time you wash your hands or brush your teeth, read those words and fill in the blank as a way to say, **“Thank you.”**

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.





Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show.

➡ Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

1. You liked: _____

2. You learned: _____

3. You'd like to know: _____



Day 2

Read 1 Thessalonians 5:18

Read 1 Thessalonians 5:18 out loud. When you say “give thanks” and “God wants you to thank Him,” do the following sign from American Sign Language, which means to thank God.

Search how to sign this:

<https://www.signingsavvy.com/sign/THANKS/7585/1>

It's not a coincidence that the sign has you moving your hands upward, as though to God, because in American Sign Language, you move your hands in the direction of the person you're thanking. Every time you notice something great today, make the sign as a remembrance that you're thanking God. You always have something to be grateful for!



Day 4

Gratitude is contagious, so today, find a friend or family member with whom you can share the list you made yesterday.

Just as you did when you prayed, get specific, sharing exactly why you're thankful for the things on your list.

Ask a friend what they are thankful for, and if they struggle to come up with some things, help them see some of the gifts and blessings in their own life. Share 1 Thessalonians 5:18 with them, reminding them that we should give thanks no matter what happens!



Day 3

Hopefully when you talk to God, you include some time for gratitude.

Hopefully when you talk to God, you include some time for gratitude. But today, pray a prayer that's only gratitude. Start out by writing at least three things below that you are thankful for.

Now take some time to thank Him for the good things He is doing in your life and all the gifts He's given you, making sure to mention the things you've written above. Be specific in your prayer, telling God exactly why you're thankful for those things!

Day 5

Look around your house for a notebook or journal (be sure and ask if it's not yours!).

If you can't find one, grab some blank sheets of paper and find a way to bind them (paper clip, staple, tape, etc.)

On the front of your journal (or the first page, if you can't write on the cover), write the words GRATITUDE JOURNAL. Use your creativity to decorate and personalize your journal.

Go back and look at what you wrote on Day 3 of your GodTime card. You wrote three things you're thankful for, but you likely have far more than three things to thank God for! For the next month, try to write 1-2 things in your gratitude journal every single day that you're thankful for. And don't stop there... aim for a lifetime of gratitude journaling because you always have something to be grateful for.