

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

WEEK
3
1ST

Read: 1 Chronicles 16:34

DAY

1

Balloon Thanks

Ask a parent to find a balloon or soft playground ball. Gather your family to play a game of balloon toss. The object of the game is to keep the balloon in the air. Each time someone hits the balloon they have to say thank you to someone in the circle. For example: "Thank you dad for doing my laundry."

Look for ways to say thanks to those around you.

DAY

2

Say Thanks

Ask an adult to help you look up our Bible story from this week in Luke 17:11-19 and read it together. Has there ever been a time when you did something for someone and they didn't say thank you? It probably made you feel a bit upset, right? I imagine that's exactly how Jesus felt in this story. He healed 10 men and only one came back to thank Him for it. Let this be a reminder for us to say thanks!

Thank the people who have helped you by showing them you are grateful.

DAY

3

Helpful Thanks

Have you ever thought of all the people that do things for you that you never truly say thank you to? Take some time to say "**thanks.**" Ask a parent to help you come up with a way to say thank you to each of the people you want to thank. You could leave a special card in the mailbox for your mailman or you could drop off some cookies at your local fire department. No matter how big or how small, just the idea of taking time to say thank you shows gratitude!

Know how important it is to thank those that help you!

DAY

4

Share His Goodness

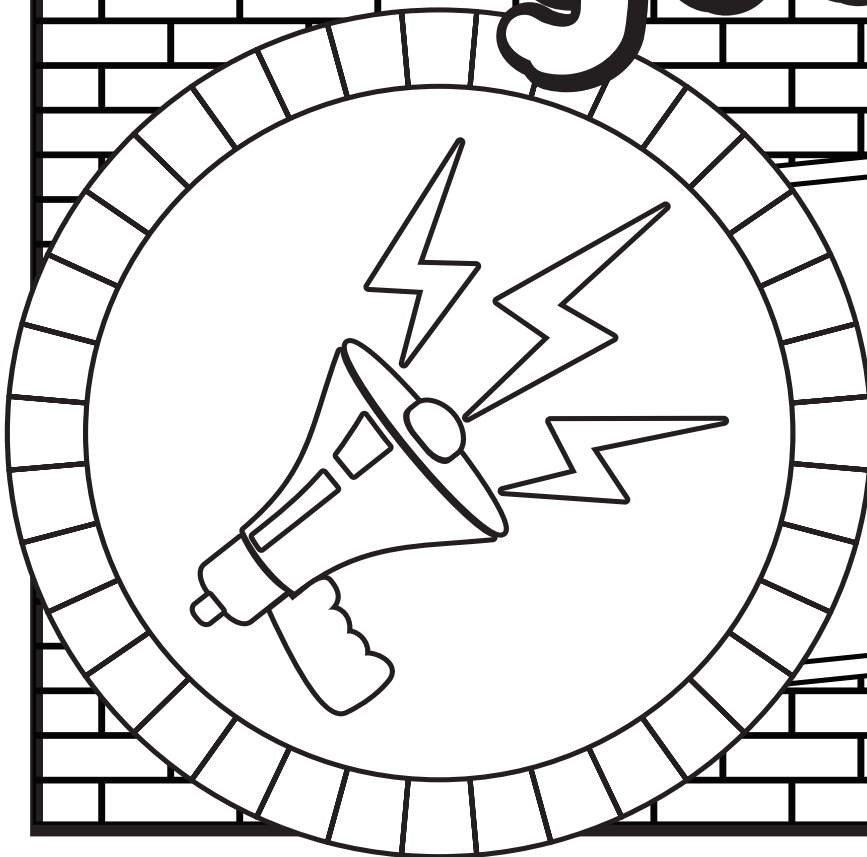
Ask an adult to help you look up 1 Chronicles 16:34. This verse tells us to give thanks to God because He is good to us! Can you think of a time when God was good to you? Maybe it was when your dad got a new job or you got an A on a test. Ask a parent or an adult to share with you about a time when God was good to them.

*Dear God,
Help us to remember to give thanks always because you are good to us! In Jesus' name, amen.*

Say thank you.

PARENT CUE

Give thanks
to the Lord,
for he is
good.



1 Chronicles
16:34
NIV

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

WEEK
3
2ND-3RD

DAY 1

Read Philippians 4:6

Have you ever heard the phrase “mind your manners?” Here are some manners you’ve probably learned by now:

Say, “Please!” and “Thank you.”

Say “Excuse me.”

Don’t interrupt when someone else is talking.

Wait your turn.

Manners are important because they show others they are important to us! When we choose to mind our manners, we remind ourselves to be focused on others, not just on what we want.

This week, look for opportunities to say “thank you.” Find the littlest things and say, “thank you.” **Ask God to help you “mind your manners” and show gratitude.**

DAY 2

Read Luke 17:15–16

In this story, there were ten men with this terribly painful skin disease called leprosy. Lepers (people with leprosy) had to leave their family behind and live with others lepers. It would be like heading into quarantine but with a bunch of strangers who were sick too.

One day, ten lepers met Jesus and He healed them! Quarantine was officially over. Nine of them headed straight home, happy to get back to life as usual. But one leper returned. Why? To say, “thank you.” It’s not that the other nine weren’t grateful. But only one took the time to go back and actually say it.

Are you more like the nine who forgot to show gratitude or more like the one who took the time to go back and say thanks?

Grab your “Gratitude List” for this month or start a new list today. Under Week 3, write down three people who have done something to help you in the last few days. Have you said, thank you, to them? If not, take the time this week to go back to the three people on your list and **say thank you!**

Say thank you.

PARENT CUE

DAY 3

Read Ephesians 5:20

What if for just 30 minutes, you tried to say “thank you” to everyone you could? That includes anyone who helps you, anyone who says something kind, or anyone who puts you first. Thirty minutes probably wouldn’t be all that hard for you.

Do you think you could do the same thing with God? There is a lot of stuff you can thank God for.

Grab a piece of paper and set a timer for two minutes. During those two minutes, write down everything you want to thank God for!

To make this even more fun, ask another family member to take the same challenge and then compare your lists when the two minutes is up.

Read through this list as a thank you prayer to God. **Remember, when it comes to saying thank you, God should always be at the top of our list!**

DAY 4

Read Psalm 103:1-2

Do you know why saying thank you is so important? It isn’t enough to simply feel grateful. 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 in prayer, we remember who He is (the God of all creation who made us and loves us) and all He’s done (the one who sent His only son Jesus, so that we could be a part of his family forever). God wants us to talk to Him in prayer, to tell Him what we’re worried about and to ask for His help. But we should always start by saying thank you. Gratitude reminds us who we’re talking to and helps us show honor and worth to our heavenly Father.

When do you talk to God? As you pray this week, try to spend more time, saying “thank you” than “please help” or “I want.” If you do, deep down (as our verse reminds us) you’ll be praising God in the way that He deserves.

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](https://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 Luke 17:11-19

In Luke 17, Jesus heals 10 men who are very sick with a skin disease. This disease would have not only impacted their health, but their families, their jobs, everything in their lives. You would think that being instantly healed from such a terrible disease, their first instinct would have been to go back and thank the One who healed them.

But only one man did. One man out of 10.

In fact, this man took four steps to thank Jesus. Read verses 15 and 16 and write out the four things he did.

- 1.
- 2.
- 3.
- 4.

We can learn something really important from the one man's responses: Say thank you.

Day 3

1 Thessalonians 5:18, the memory verse this month says:

Give thanks no matter what happens. God wants you to thank him because you believe in Christ Jesus. (NIV) But back up a verse and read verse 17 too: "Never stop praying."

It's fitting that those two verses are right next to each other, because praying is one of the best ways we can give thanks! We can thank God in our prayers for the things He has done. We can thank God for others in our prayers. We can thank God simply for making us and loving us.

Pray a prayer of thankfulness now—thanking God for who He is and what He's done, and expressing thankfulness for the people He has put in your life. Try to have every sentence in your prayer to start out with the words, "Thank You." Even if you have specific needs to pray about, start out that sentence by thanking God. (Like, thank You, God, for giving me a loving grandma, and please heal her quickly.)

Never stop praying, and give thanks no matter what happens.

Day 4

On day two, you wrote out the four things the man did to thank Jesus for healing him.

It should have looked something like this:

1. He stopped what he was doing and came back to Jesus.
2. He praised God in a loud voice.
3. He threw himself at Jesus' feet.
4. He thanked Jesus.

If we interpret this for our lives, we need to:

1. Take the time to thank others.
2. Thank God for what He has done.
3. Humble ourselves to see what others have done for us.
4. Simply, thank others.

Today, set a timer for morning, afternoon and evening. When your timer goes off, stop what you are doing and thank God for something He has done. Then, think about what others have done for you as well, and before you resume whatever you were doing, take a minute to thank them. You can call them, write a thank you note or email, shoot a text... the method doesn't matter, but make sure you take time to thank God and others today!

Day 5

We don't know exactly why the other nine men didn't stop, go back and thank Jesus.

We assume they were overjoyed to be healed, and if you were to interview the men, they probably would say they were very thankful to Jesus. So why didn't they say it?

Most likely? They simply forgot. They were probably so anxious to get to the priest and be declared healthy and able to return to their families, their work, and their lives, that it just didn't occur to them to turn back and say thank you.

How many times do you think you are like the nine? During times like Thanksgiving, or Mother's or Father's Day, we might take time out to think about how thankful we are for the people in our lives, and the blessings God has given us. But during our daily lives, sometimes we simply are too busy and too caught up in our own plans and activities to take the time to say thank you.

Get a pen or marker and write these letters/numbers on each of your fingers. B the 1.

Every time you look at your hand today, remember the goal to "be the one." The one who takes time to say thank you. The one who stops what you're doing to recognize what others have done for you. The one who remembers to show gratitude. Be the one.

