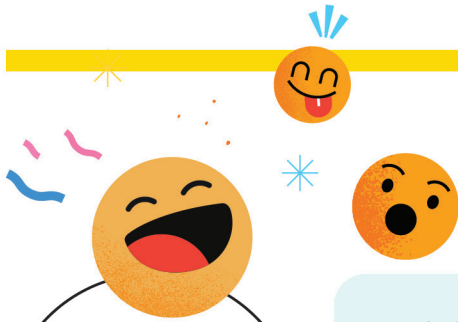


Shout Out: Who've you thanked today?



Use this guide to help your family learn about gratitude.

First, watch this week's video!

Gratitude:
Letting others know you see how they've helped you

Memory Verse

"Give thanks to the Lord, because he is good. His faithful love continues forever."
Proverbs 10:9, NIV

Bible Story

Give Thanks
No Matter
What Happens
1 Thessalonians 5:18

Bottom Line

You always have something to be grateful for.

Activity

Obstacle, Of Course!

What You Need:

Phone timer (optional)

What You Do:

Create an obstacle course using items in your home. For example, have your child crawl under the kitchen table and then hop over a row of pillows.

When the course is ready, invite your child to play. Tell them the only rule is that they can't touch any of the obstacles, or they have to go back to the beginning. Lead them through the obstacle course and encourage them along the way.

(Note: For older kids, you may want to add in a timer to add a little more challenge to the game!)

When you're finished playing, say, "Great job! That was so much fun to do together. You know what I noticed? You were still having fun even though you were faced with a challenge. That's similar to what Paul wrote to the Thessalonians."

Talk About the Bible Story

Open the Bible together and read 1 Thessalonians 5:18.

What did Paul say to do "no matter what happens"?
(Give thanks)

What are some "obstacles," or challenges, that you've had to face at school or with friends?

Is it easy or difficult to be grateful when you're faced with challenges in life? Why?

What did Paul say is a reason that we can ALWAYS be grateful? (*Because we believe in Jesus; we know that God is with us*)

How can you remember to be grateful no matter what happens?

Parent: Share about a time when you were able to be grateful even when things were hard.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, thank You for our family, our friends, our church, the food we eat, the home we live in, and all the blessings You've given us. But most of all, thank You for giving us Jesus, who showed us that You love us always. Help us to have hearts that can always find a reason to be grateful, even when we go through challenges. We love You, and we pray these things in Jesus' name. Amen."

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Key Question

What are you grateful for?

Activity

Then What?

What You Need:

No supplies needed

What You Do:

Invite your child to play a game. Say, "Let's create a story together. I'll say something to get us started, then you add what happened next. Then I'll add to whatever you've said, and so on. We'll keep going back and forth until we've created an entire story!"

Story starter ideas:

"We started on our trip to (name a place), but sadly . . ."

"There once was a kid who could only walk backwards."

"I once had the strangest dream."

Create the story by alternating sentences or phrases with your child. If at all possible, end the story on a happy note.

When you're finished, say, "Just like the story we just created, sometimes life takes twists and turns that we don't expect. But there's always something we can be grateful for."

Talk About the Bible Story

Open the Bible together and read 1 Thessalonians 5:18.

What did Paul say to do "no matter what happens"?
(Give thanks)

Do you think we can be grateful even when we don't feel happy? Explain why or why not.

What's the best way to change an ungrateful attitude to a grateful one?

What did Paul say is a reason that we can ALWAYS be grateful? (*Because we believe in Jesus; we know that God is with us*)

Parent: Share about a time when you were able to be grateful even when things were hard.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, we need Your help because gratitude doesn't come easy to us—especially when we're having a bad day. Remind us that Your plans are always good. Help us guard our gratitude instead of complaining about what isn't going our way. Help us choose to be grateful for all that is good. We love You, and we pray these things in Jesus' name. Amen."