

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

Read: 1 Thessalonians 5:16-18

DAY

1

## Thankfulness for All to Hear

Play a game of telephone with your family. Share something that you are thankful for so that everyone can hear. Take turns going first.

**KNOW** that when others hear why you're thankful, it can make them happy.



DAY

3

## Always Thankful

With the help of a parent, look up this week's verses, 1 Thessalonians 5:16-18. Have them read the verses out loud. After each phrase, repeat what they say.

**THINK** about why you can be joyful!



DAY

2

## Shout It Out

Find a parent and take turns giving "shout outs" to each other. Start by whispering what you are thankful for about the other person. Get louder each time until you are shouting out why you are grateful for them!

**ASK** God to help you show gratitude.



DAY

4

## Thank You, God!

Let's talk to God about all that we are thankful for! Pray something like this:

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"Dear God, Thank you for all the good you have done in my life. I pray that I can always work on being grateful for what I have. Thank you for your son, Jesus, and all that He does in my life. I love you. Amen."

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**LOOK** for the things around you that you can be thankful for.



You always have  
something to be  
grateful for.

You  
**ALWAYS**  
have  
**SOME-**  
**THING**  
to be  
**GRATEFUL**  
for.

# 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.

Journal

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



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November  
2023

Week One  
4th-5th



Day 1

After watching, write one thing that:

1. You liked: .....

2. You learned: .....

3. You'd like to know: .....

Watch this week's episode of The So & So Show by going to: <https://bit.ly/PreteenSundaysatHome>  
Even if you already saw it at church, feel free to check it out again!



## Day 2

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### Read 1 Thessalonians 5:18

As you read 1 Thessalonians 5:18, look up the words and phrases in American Sign Language. Pro tip: If you search the phrases as they're grouped below and add "in ASL" to the end of the phrase, you should find illustrations or videos of how to say it (or something close).

- Give thanks
- No matter what happens
- God
- wants
- you
- to thank
- him (God)
- because
- you
- believe in
- Christ Jesus.

Take notes to help you remember what the signs are, and then try putting it all together. Say the verse out loud while you sign it and practice several times until you have it down. Each day this week, practice signing. Use this verse to remind you that **you always have something to be grateful for.**



## Day 3

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### So often our prayers involve asking God for something.

But it's important to remember that **you always have something to be grateful for**, even when you have things you need help with. If you start and end your prayer with something you're thankful for, it can help you live out gratitude. Start by filling in the blanks below and then read the prayer out loud.

Dear God, You are amazing. Thank You for \_\_\_\_\_. Please help me/be with \_\_\_\_\_.  
And thank You for \_\_\_\_\_.  
\_\_\_\_\_. In Jesus' Name, we pray. Amen.

## Day 4

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### Did you know that the signs you learned earlier this week are actually part of a real language?

American Sign Language is the main language spoken by the Deaf community in most of North America. Today, share 1 Thessalonians 5:18 with someone using the ASL signs you learned. Then repeat the verse in English and take turns sharing something that you're thankful for.



## Day 5

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### Have you ever kept a gratitude journal?

It's a great way to focus your heart and mind on all that you have to be thankful for. If you have a gratitude journal already, grab it. If you don't, any blank journal will work. You could also make one of your own by folding several pages of paper in half and stapling them in the middle.

**What are you grateful for?** For the next week, take time each day to think of something you're grateful for and write it down in the journal. Hold on to the journal to use all month.