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.

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.



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!

4



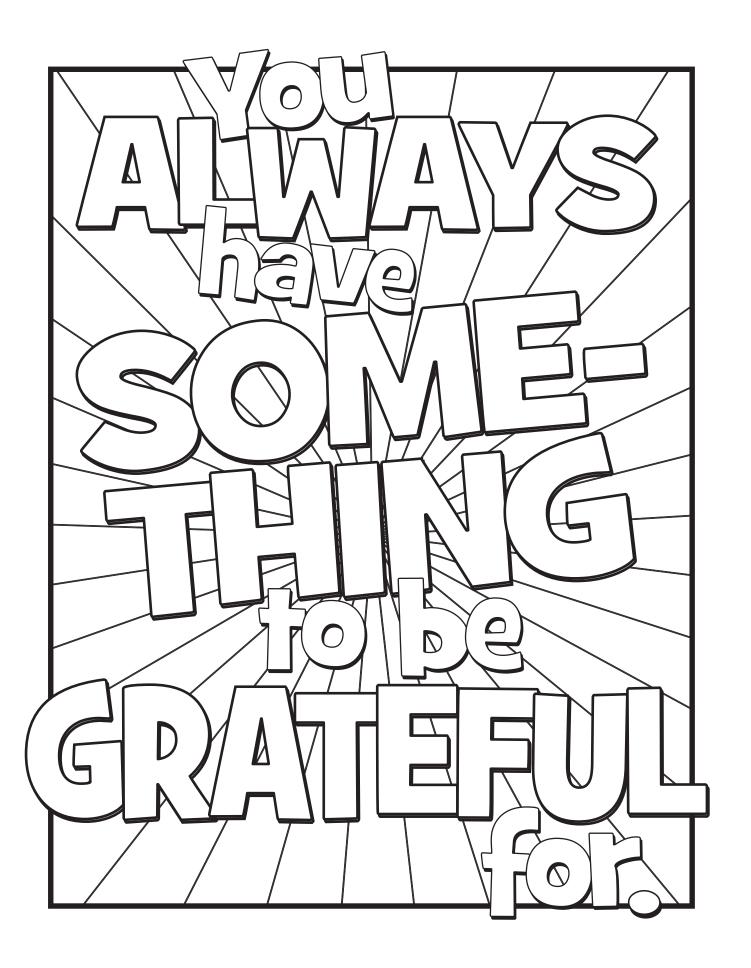
Thank You, God!

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

"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."

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

You always have something 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!



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.



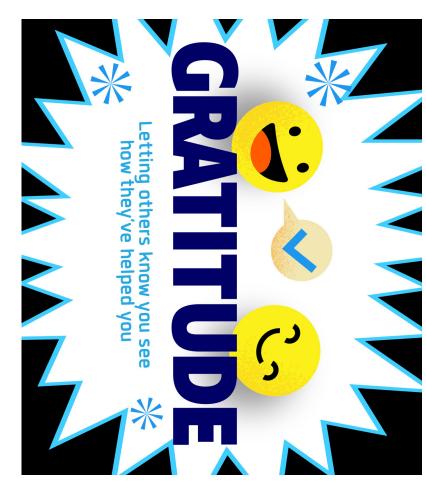


Journal

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

	\square	What are you	grateful for?	OSC	

November 2023 Week One 4th-5th



Day 1

After watching, write one thing that:

1. You liked:

https://bit.ly/PreteenSundaysatHome The So & So Show by going to: Watch this week's episode of

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

2. You learned:

3. You'd like to know:

Day 2

Read 1 Thessalonians 5:18

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

- Give thanks
- No matter what happens
- wants

you

- to thank
- him (God)

because

- you
- believe in
- Christ Jesus

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



Day 3

So often our prayers involve asking God for something.

need help with. If you start and end your always have something to be grateful for, it can help you live out gratitude. prayer with something you're thankful **for,** even when you have things you But it's important to remember that **you**

and then read the prayer out loud.

Start by filling in the blanks below

Dear God,
r God, You are amazing. Tl
. Thank You

me/be with Please help

And thank You for

. In Jesus' Name, we

pray. Amen.

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

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







Day 5

journal? Have you ever kept a gratitude

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

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