

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

Read: Psalm 100:5

DAY

1

## Dance like David!

Throw a dance party just like David did in this week's story. Turn on some upbeat worship music, dance, and sing praises to Jesus!

**LOOK for all of the ways that you can praise Jesus.**

DAY

2

## Celebrate God!

Create party decorations like paper balloons, banners, or streamers. On your decorations write out this week's bottom line: Celebrate what God has done!

**ASK God to help you remember what to celebrate!**

DAY

3

## The Lord is Good!

Fill in the blanks to complete this week's verse using the word bank!

"The Lord is \_\_\_\_\_. His faithful \_\_\_\_\_ continues forever. It will \_\_\_\_\_ for all time to come."

Psalm 100:5, NIV

**THANK God for being faithful!**

*Answers: good, love, last*

DAY

4

## Celebrate His Goodness

Take some time thanking God for the good that has happened in your life. You can say your own prayer or pray something like this:

~~~~~  
"God, you are good and you are faithful. Thank you for always looking out for me. I pray that I can always see your goodness and celebrate it! Thank you for all you do in my life. Amen"  
~~~~~

**KNOW that God is so, SO good!**

# Celebrate what God has done.





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

## DAY 1

**Read Psalm 92:1**

When someone does something nice for you, it's easy to look them in the eye and say, "thank you." But what about someone you can't see? Do you remember to thank God for being so good to you? Gratitude starts with God. God loves you so much and cares for you every single day.

**Thankfulness Jar**

Once you get started, it's not that hard to think of a whole lot of things to thank God for. Make a thankfulness jar if you didn't make one last week and write down three things God has done that you're thankful for. Then tell God thanks as you celebrate those things.

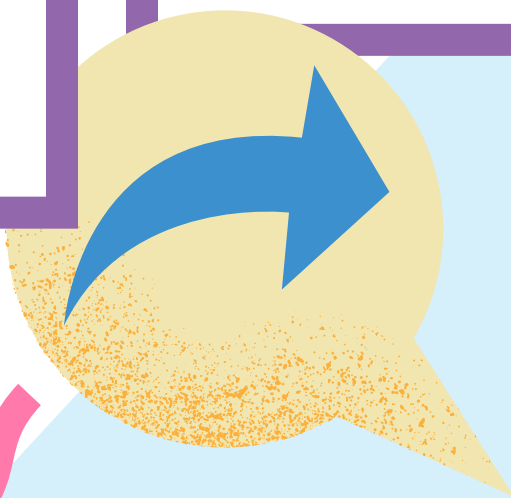
## DAY 2

**Read Psalm 100:5**

We all face stuff that makes us sad or isn't so awesome. But remember even when bad stuff comes our way, God is still good. God's love stays the same. And God is ALWAYS with us. What a huge reason to be grateful!

**Prayer of Thanks**

Write a prayer to God, explaining the not so awesome thing that happened this week. Ask God to help you see how you can make it better. Then thank God for loving you and for being with you no matter what happens.





### DAY 3

#### Read Psalm 118:24

Is there anything you are worried about today? Remember, “The Lord has done it on this day.” That means that we don’t have to worry because God is with us. We may not like all the things that happen to us, but we can be sure that God is with us through all of it. We can trust God no matter what. And God will be with us to help us face whatever might come our way.

Head to your thankfulness jar and write down three new things you’re thankful for. If you can think of more than three, add those too! Be thankful that God is always with you, even on a bad day.

### DAY 4

#### Read Ecclesiastes 6:9

Have you ever tried to chase the wind in your hands? Impossible right? You know what makes gratitude almost impossible? Comparison. It’s as silly as chasing the wind. That’s because looking at what other people have versus what you have is pretty pointless. It’s better to be satisfied and grateful for what you do have, rather than wanting more or comparing it to others. God promises to provide for all your needs. When you live a life of gratitude, you don’t have to waste your time looking at what other people have.

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#### Get Outside

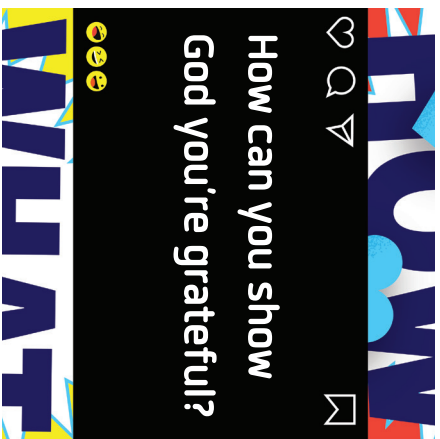
Go for a walk with your family. Talk about all the amazing things God has made – feel the wind on your face or take the time to point to specific things you see. Ask God to help you stop and say “thank you” this week so you don’t fall into the comparison trap!



**Celebrate what  
God has done.**

# Journal

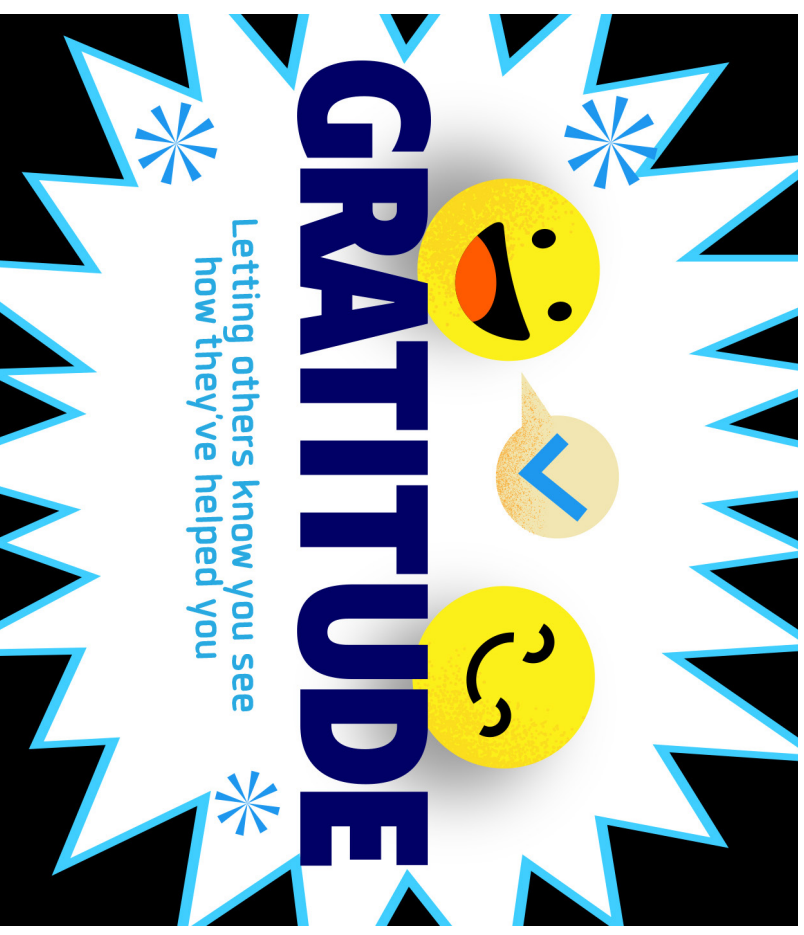
Spend some time thinking about the question below and journal your thoughts or share them with a parent..

[illegible]This image shows a full page of primary-ruled paper. It contains ten identical horizontal rows designed for handwriting practice. Each row is defined by three lines: a solid top line, a dashed midline, and a solid bottom line. The rows are evenly spaced and extend across the entire width of the page.

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November  
2023

**Week Two**  
4th-5th



## Day 1

After watching, write one thing that:

### 1. You liked:

.....

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

## 2. You learned:

.....

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

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

.....

## A Devotional on Gratitude.

FOR AN  
**everyday faith.**

## Day 2

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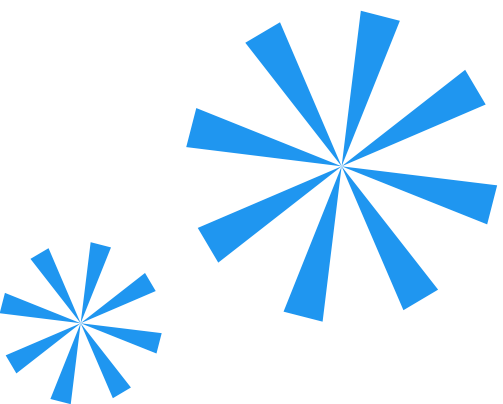
### Read 2 Samuel 6:12b-22a

As you read through 2 Samuel 6:12b-22a, circle all the different ways that David and the Israelites celebrated God.

Then compare what you found to the list below.

- ▀ They took the ark to Jerusalem.
- ▀ David made a sacrifice before God
- ▀ David danced
- ▀ They shouted
- ▀ They blew trumpets
- ▀ David made burnt offerings and friendship offerings
- ▀ David blessed the people in the name of the Lord
- ▀ David gave out bread and raisin cakes

David and the Israelites showed us that there are many different ways to celebrate what God has done!



## Day 4

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### How can you show God you're grateful?

One of the best ways to celebrate what God has done is by sharing it with others—and letting them hear your stories about God's faithfulness. Invite a friend to grab a treat for a little celebration—maybe some warm apple cider or hot cocoa—and share with each other what God has been doing in your lives. Before you end your celebration, take some time to pray and express gratitude for all that God has done.



## Day 5

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### Did you know that when you go to church and your small group, you are celebrating what God has done?!

It's true! So make a plan with your family to attend as many services and church events as you can for the rest of this year. Explain to your parent what you've been learning about gratitude and how you want to **celebrate what God has done** as a family.

If you already attend services, think about a way you can get more involved: serving God is a great way of showing gratitude for all that God has done!

## Day 3

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### Have you ever tried to pray while you were dancing?

It may feel a little silly, but it also might give you some idea of the sort of gratitude that David had for God. He didn't care who saw him dancing.

Turn on some upbeat worship music and dance however feels comfortable to you. As you dance, think about all the reasons you have for celebrating God. You can pray out loud or simply think the words in your head. Dance and **celebrate what God has done**.

