

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

Read: 1 Chronicles 16:34

DAY

1

Time to Say Thank You

Set a timer for one minute. During that time, say or write a list of people that you are thankful for. Set the timer for another minute and list all the things you are thankful for. Ask a friend or family member if they want to take turns with you!

KNOW that taking the time to say what you are thankful for goes a long way.

DAY

2

Just A Note

Write a note or card to one of the people you listed yesterday. Thank them for what they have done for you! Ask your parent to help you deliver the card and tell them what you appreciate about them.

ASK God to help you to remember to thank others.

DAY

3

God Is Good

In 1 Chronicles 16:34 we can read part of a poem that reminds people to thank God for always being there for us. Read the verse and think about why you are thankful to God.

THANK God for always being there for you.

DAY

4

Thank You

Looking back at the people and things that you were thankful for in the beginning of the week, thank God for all you have been given. Tell God some of the things you are most grateful for.

Here is a starter: *"Dear God, You have given me so much. Thank you for"*

LOOK for the people and things God put in your life.

Take time to
say thank you.



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



DAY 1

Read Luke 17:15-19

How many people did Jesus heal that day?

How many of those men returned to say, "Thank you?" _____

Do you think those men Jesus healed were grateful? Probably. But only one took the time to actually say he was thankful.

Saying "thank you" isn't hard. It's just two words. But saying "thank you" can make a big difference. So, be like that one guy. Choose to say those two simple words when someone does something nice for you.

Handfuls of Thanks

Fold a piece of paper in half. Place your hand on the paper so that your pinkie lines up with the folded edge. Trace around your hand then use scissors to cut around it, leaving the fold next to your pinkie intact. Once unfolded, you should have a handprint card to share with someone. Write down ten reasons why you're thankful for this person, one reason on each finger. Sign the card and give it to the person you've chosen.

DAY 2

Read Psalm 136:1-3

Everything changes. The seasons. Your shoe size. The weather. Your likes and dislikes. Even the leaves on the trees. But God's love for you never changes. God's faithful love continues forever.

Read this verse aloud at your family meal this week. Ask an adult to read the "Give thanks..." lines below as the rest of the family responds with "His faithful love continues forever." Use these verses as a prayer of Thanksgiving to the God who loves you so much.

Prayer of Thanksgiving

Leader: "Give thanks to the Lord, because He is good."

Everyone else: "His faithful love continues forever."

Leader: "Give thanks to the greatest God of all."

Everyone else: "His faithful love continues forever."

Leader: "Give thanks to the most powerful Lord of all."

Everyone else: "His faithful love continues forever."

DAY 3

Read James 1:17

Think about all the good things in your world. Like your family. Or friends. Or your big fluffy dog. Did you know that all of those good things come from one place, from one source? Every good gift comes from God! That's why it's important to thank God for all that you have. God loves you with an always, never changing, no matter what, kind of love.

Shifting Shadows

Head outside for a little science experiment. Find a sunny spot where you can cast a shadow. Ask your adult or older sibling to outline your shadow at three different times of the day: 9 am, noon, and 3 pm. Make sure to label each shadow with the time. At the end of the day, compare the changing shadows.

DAY 4

Read Psalm 103:1

Do you know why saying "Thank You" is so important? 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, we remember how God has helped us. We can talk to God and tell God what we're worried about and ask for help. But it's sometimes helpful to start by saying "Thank You." Gratitude reminds us who we're talking to and helps us show honor and worth to our amazing God.

Talk To God

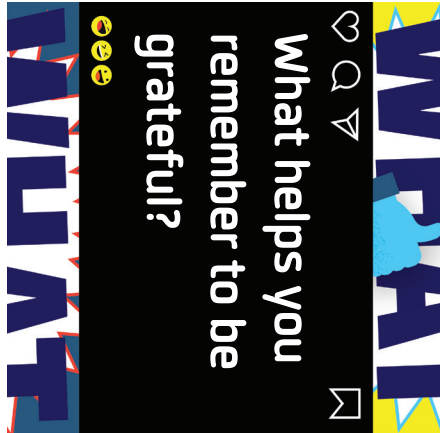
When do you talk to God? Before a meal, in the car on the way to school or at bedtime? As you talk to God this week, try to spend more time saying "Thank you" than "Please help" or "I want." When you do, deep down you'll be praising God for being so amazing—and that's exactly what God deserves.



Take time to
say thank you.

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 Three
4th-5th



Day 1

After watching, write one thing that:

1. You liked:

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2. You learned:

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3. You'd like to know:

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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!

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Day 2

Read Luke 17:11-19

Get a sheet of paper, pencil with an eraser, and two different colored pencils or pens. Look up a map that has Samaria, Galilee, and Jerusalem on it. Trace or copy the map onto your sheet of paper.

As you read through Luke 17:11-19, use one of the colors to draw an X somewhere on the border between Samaria and Galilee to represent Jesus. Then, from the X, draw a dotted line on your map representing the route Jesus may have taken (see verse 11).

Then use another color to draw 10 small circles to represent the 10 men who were sick. Draw dotted lines to represent the path they might have taken when they ran into Jesus, and then the path they took to meet with the priest. Lastly, add a third dotted line from one of the circles back to Jesus.

It may have been out of the way, but for one of the men saying thank you to Jesus mattered more to him than inconvenience.

Day 3

Use the following words to help fill in the blanks in the prayer; then pray the prayer out loud.

- SENDING
- WALKING
- LOVING
- MAKING
- CREATING

Dear God, there is so much I can

thank You for. Thank You for _____

_____ me and for _____

this beautiful world to explore, for _____

_____ Jesus

when humankind messed up and sin

entered the world, and for _____

_____ us. Thank You

for _____

with us each and every day too, God.

I love You, and I am thankful. In Jesus'

Name, we pray. **Amen.**

Day 4

Who (and why!) are you thankful for in the following situations:

At home: _____

At school: _____

At after-school activities: _____

At church: _____

In your neighborhood: _____

Look back at what you wrote and choose three of the names you wrote. Find each of these people sometime today and say, "Thank you." Be specific as you let others know you see how they've helped you!



Day 5

Grab the gratitude journal you made earlier this month and some type of alarm clock or phone timer.

Set the timer for one minute and do a brainstorm. Write down what you're grateful for – as many things as you can think of.

Re-set the timer for another minute and use that time to thank God for everything you wrote on the list.

Re-set the timer one more time and either send a text or write a note to one of the people on the list you made, thanking them for what you are grateful for—be sure and mention that you just thanked God for them too!

It's important to **take time to say thank you.**