

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

Read: Psalm 95:2

DAY  
1

## Habit Tracker

When you want to do something, you're more likely to do it if you set a reminder. Make a 4 day habit tracker. You can have four squares on a piece of paper, a paper chain, or whatever you would like. On each piece, write "Be Grateful." Every day for this whole week say one thing you are grateful for. Then, mark it down on your tracker.

To make this easier to remember, do it around the same time every day like when you wake up or when you go to bed.

**LOOK for opportunities to tell God, "Thank you."**

DAY  
2

## Picture Thankfulness

Draw a picture of something or someone you are thankful for. When you're finished, take a moment to thank God for it!

Remember to check your habit tracker!

**THANK God for providing for you.**

DAY  
3

## Praise God!

We can praise God in many different ways. Using this week's verse and pair it with an act of praise. Some ideas might include, making the words into a song or dance!

**LISTEN to songs to learn about different ways to worship God.**

DAY  
4

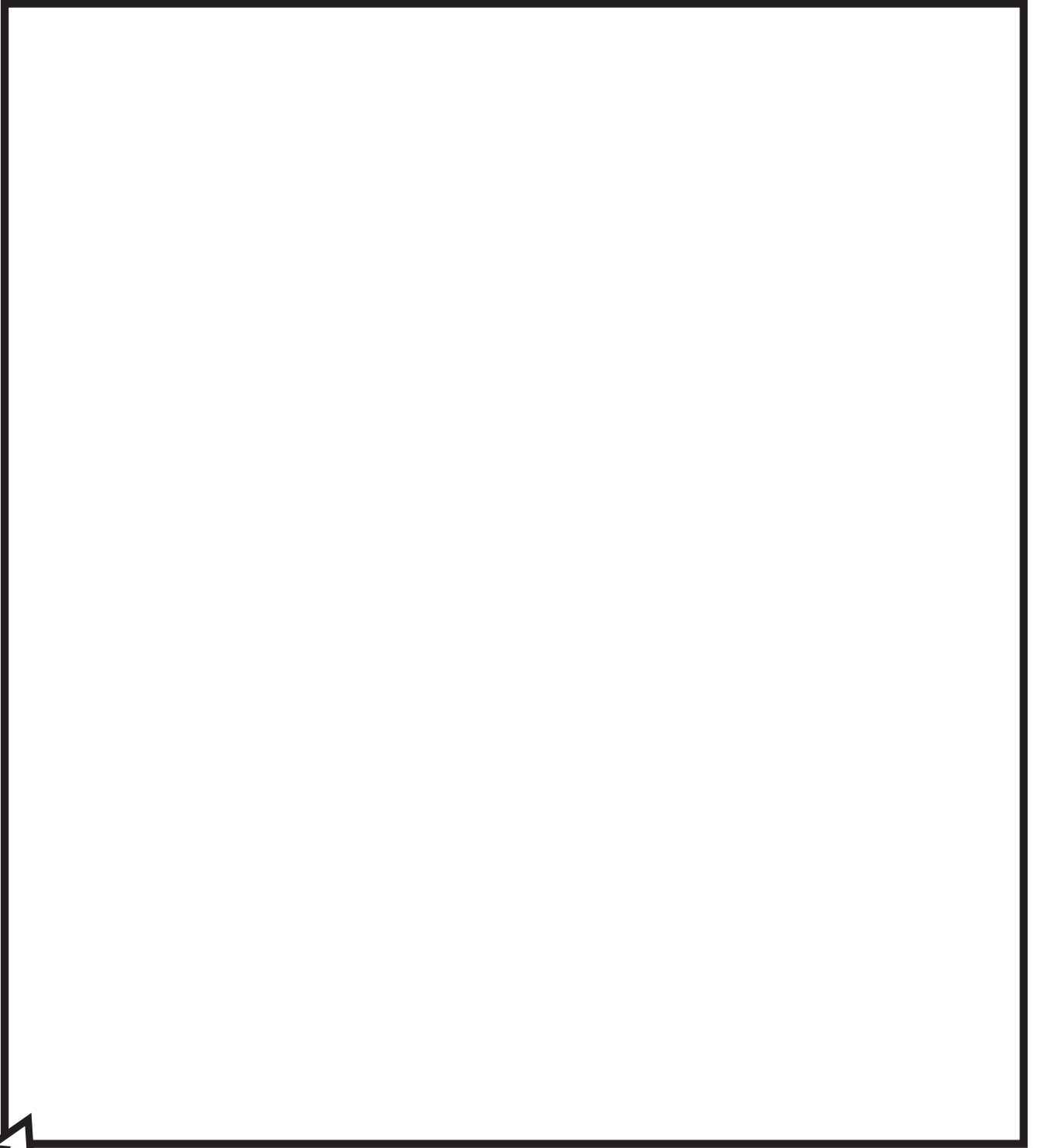
## Pray Always

Making a habit of praying can remind us to speak out about what we are thankful for. Pray and thank God for the good things you've been naming this week: the people in your life who help you, things in your home that comfort you, or even your favorite toys. God will be happy to hear about whatever you have to share.

**KNOW that God is always there to listen.**

Make a habit of  
being grateful.

# Thank You, God!



Draw a picture of something you have thanked God for this week.



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

## DAY 1

**Read 1 Chronicles 23:30**

Do you have any habits? Some habits are good ones – like always brushing your teeth before bed. Some habits are not so good – like biting your nails. A habit is something you do that becomes normal through repetition. That means that you can put some good habits in place simply by practicing.

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**The Gratitude Habit**

Here's a new gratitude habit you can begin tomorrow. When you pray, thank God for three things. You don't have to use big words. You can thank God for simple things like sunshine or chocolate ice cream. The important part is to make sure that each time you pray, you're taking time to say, "thank you." Once you start with something small, you'll begin to notice other ways you can show gratitude too. And before you know it, saying "thank you" will become a regular part of your day.

## DAY 2

**Read Lamentations 3:21–23**

Do you ever mess up? Do you ever make a mistake and wish you had a "do over?" Everybody at some point wishes they could go back and act differently. If you could turn back time, you wouldn't do or say the thing that messed things up.

Today's verse reminds us that God's love for us is new every morning. That means that when you mess up, you can find forgiveness. If you ever need a "do over" remember that with God, it's possible every single day.

Where do you need a "do over?" Is there a situation where you need to make it right? Ask God to forgive you and take the steps needed to show gratitude the next time.

### DAY 3

#### Read Philippians 1:3

On a scale of 1 to 10, 1 being low gratitude and 10 being high, how grateful are you?  
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Now ask someone in your family the following question about YOU: "On a scale of 1 to 10, how grateful would you say I am? \_\_\_\_\_"

Do the numbers line up? Is one higher than the other? Why?

It doesn't really matter if we feel grateful. What matters is that others know we're grateful. After all, gratitude is letting OTHERS know you see how they've helped you.

If your gratitude score is low, ask God to help you show just how thankful you are with your words and actions over the next few days. Build the habit of being grateful so that you don't just feel it but you show it.

### DAY 4

#### Read Psalm 103:2

Today's verse sets a pretty high standard: "I will not forget anything God does for me." Really? Not forget anything? Does that mean we're supposed to remember everything? The truth is, you probably will forget to thank God sometimes. That's why you should establish some regular habits for thanking God throughout your day. You've done that this month with your Thankfulness Jar!

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#### Thankfulness Jar Reveal

The next time your family is together, dump out all the slips of paper in your thankfulness jar and take turns reading the things you've written down this month. Stop and pray together and thank God for all these good things from the past month. Decide together if you want to keep up with your thankfulness jar or find another way to make a habit of showing gratitude in the future.



**Make a habit of  
being grateful.**

Journal

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



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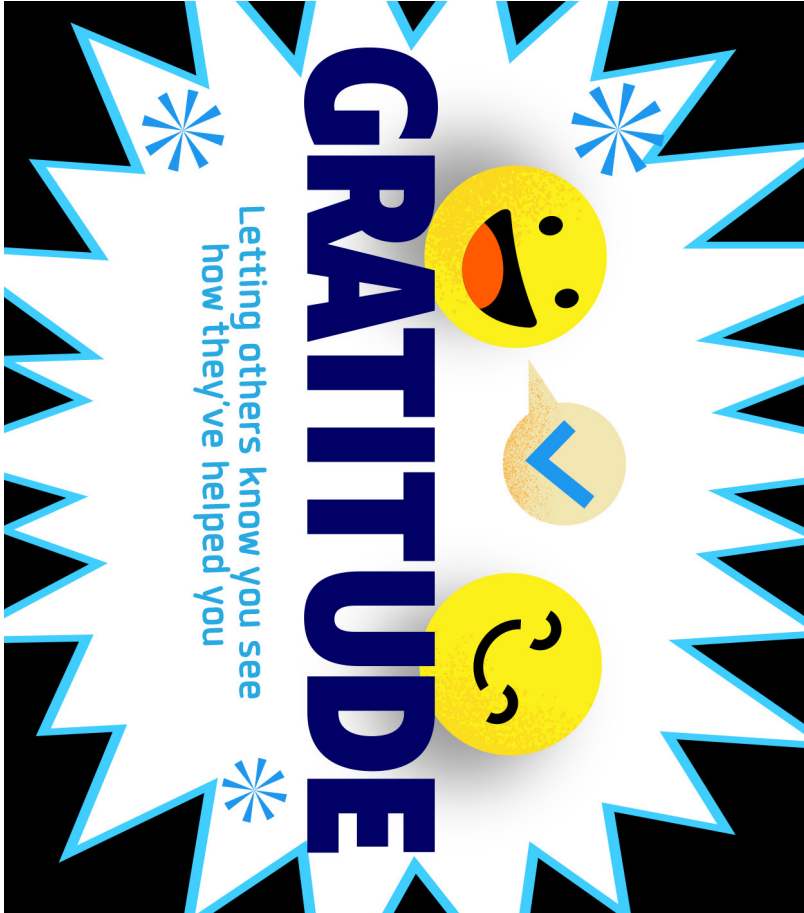
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Day 1

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



## Day 2

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### Read 1 Corinthians 11:23-26

Ask a parent if you can have a piece of bread or a cracker and some type of juice or other drink.

Read 1 Corinthians 11:23-26 out loud and eat the bread after you read verse 24 and drink the juice after you read verse 25.

This is a tradition that some churches call the Lord's Supper and others call Communion. It's usually taken in large groups at church, but the truth is, you can take time to express your gratitude for what Jesus did any time, any place!



## Day 4

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### Today, talk to a parent about creating a family habit of being grateful.

One way you can do this is by having a family POW and WOW roundtable either at the dinner table or bedtime. Each person starts out by sharing a POW—something hard or challenging you faced during the day.

But next, you must share a WOW—something that happened throughout your day that are you grateful for.

Decide together as a family how you will make this a habit. Maybe you'll set a reminder on a device to do it each night—or several nights a week. Maybe you'll incorporate it into a habit you already have, such as a family walk after dinner or your bedtime routine. However you choose to do so, you can **make a habit of being grateful.**



## Day 5

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### What are some good habits you have?

Brushing your teeth, cleaning up after yourself, practicing an instrument, something else?

How can you incorporate a habit of being grateful into the rhythm of your life?

Perhaps you could use a dry erase marker to write GRATITUDE on your bathroom mirror so that every time you brush your teeth, you say a prayer of gratitude.

And maybe when you put your dirty clothes in the hamper, you can thank God for providing your clothes and food and shelter.

And when you pack your lunch each night, try writing one thing you're thankful for on a scrap of paper and stick it in your lunch so you'll remember to be thankful tomorrow too!

And don't forget about the gratitude journal you made—find a place to put that so you can remember to add to it each day.

With a little bit of intentionality, you can **make a habit of being grateful.**

## Day 3

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### You can make a habit of being grateful.

When you wake up in the morning, you can pray and thank God for the new day!

When you eat a meal, you can thank God for the food—and for whoever prepared it for you.

At bed, you can pray and thank God for the good things that happened in your day—and that God was with you, even during the hard things.

Throughout today, look for times you can stop and pray a prayer of gratitude: when you wake, when you eat, when you sleep, when something good happens that you know came from God...

You can **make a habit of being grateful.**