

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

WEEK
4
1ST

Read: Psalm 9:1

DAY
1

Attitude of Gratitude

Gratitude is letting others know you see how they've helped you. Grab a piece of paper and tear it into 10 pieces. On each piece of paper write a word or draw a picture of something that you are grateful for and put it in a jar. When everyone is around have each person pull a piece of paper from the jar while you share why you are grateful for it.

Look for ways to show that you have an attitude of gratitude.

DAY
2

Shout Out

Grab a some paper and crayons. Ask an adult to help you make a few outlines of a megaphone. Then cut them out. On each megaphone write a note of gratitude to some of your friends and family and deliver this week.

KNOW how important it is to say thanks to those around you.

DAY
3

Gratitude Game

Ask an adult to help you look up Psalm 9:1. God wants us to be thankful with all our heart. That means we are thankful for the big things, little things, and the in between things. Ask your family to play the Gratitude Game. Here's how to play: Grab a set of markers. Each person will take a turn dropping the markers on the ground. (Like Pick-Up sticks) They must choose one marker without moving the other markers. Once a marker is chosen, look at the color you chose below and share what you are thankful for.

Red: Share a person you are thankful for

Orange: Share a place you are thankful for

Green: Share a food you are thankful for

Blue: Share a thing you are thankful for

Yellow: Share your choice of something you are thankful for

DAY
4

Give Thanks

One way to show gratitude is to help others in your home. Think of some tasks you can do to help the adults in your house. This way, you are putting your gratitude into action.

Dear God,

Thank you for giving me the chance to share my gratitude with the people that I love. Let me show gratitude to them and to you not just today, but every day. In Jesus' Name, amen

Adjust your attitude.

PARENT CUE



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

WEEK
4
2ND-3RD

DAY 1

Read Ephesians 5:4

Have you ever gotten mad and said something you didn't mean? Maybe you called someone a name or said something really hurtful. Unkind words or ungrateful words come from an ungrateful heart. Thankful words come from a grateful heart. That means that we need to make sure we're constantly checking and adjusting our attitude (what we feel deep down in our hearts) to the proper gratitude setting.

Think of it like a dial that controls the volume level on your device. Instead of using ungrateful, unkind or foolish words, we need to adjust the volume and turn up the gratitude. This week, when you find yourself getting angry or frustrated and you want to say something you know is unkind, adjust your attitude and turn up the gratitude. In that moment, think of one thing you're thankful for. Stop yourself and, instead, give thanks. You might even need to ask God to help you clear out that anger or frustration so **you can be thankful instead.**

DAY 2

Read 1 Corinthians 15:57

Do you have a favorite sport? Whether it's football, basketball, soccer or swimming, the goal of any match or game is what? Victory! You want your team to win, right?

Let's pretend it's the fourth quarter and your favorite team is down by two touchdowns. What would happen if every player on your favorite team just decided to give up? They would lose, right? Winning teams know that it's not over until it's over. Keeping a positive attitude all the way until the last buzzer is super important.

Because Jesus died and rose again, He made a way for all who put their trust in Him to be a part of God's family, forever. With Jesus, we win! And that is why we should always have an attitude of gratitude. The next time you feel like giving up, remember to adjust your attitude and be grateful for what God has done.

Grab your "Gratitude List" for this month or start a new list today with paper and pencil. Under Week 4, write the word "GRATITUDE" along the side of that section in block letters. Next to each letter, write down something you're thankful for that starts with that letter. Spend some time asking **God to help you adjust your attitude toward gratitude.**

Adjust your attitude.

PARENT CUE

DAY 3

Read Acts 16:24–25

Have you heard this story before? Do you know what happened before Paul and Silas were thrown in jail? They were beaten. And yet Paul and Silas chose to pray and sing to God. While chained and probably in a ton of pain, they were grateful. Paul and Silas knew that God was with them, just as he was with Jesus when He suffered on the cross.

It's not easy but you can adjust your attitude to gratitude just like Paul and Silas. This week, when you find yourself about to complain about something, think of a way to turn it into a praise. Instead of focusing on what's wrong, look for something to be grateful for.

Here's an example: It's raining so you can't go outside for recess. *You can be thankful for free choice centers or the chance to play a game with friends in your classroom.*

Write your own example in the space below:

DAY 4

Read Colossians 4:2

According to today's verse, what should you give a lot of time and effort to?

Yep, prayer! When we talk to God, it reminds us that He is in control. God is good always and we can trust that His plans for us are good too. When we spend time talking to Him, when we are watchful and pay attention to all the good things He's given us, we can be sure to have an attitude of gratitude.

Fill in the missing words of today's verse—which can be found in the crossword puzzle below.

"_____ a lot of _____ and _____ to _____. _____ be _____ and _____." Colossians 4:2 (NIRV)

E	E	U	R	M	G	T	O	L
T	S	F	N	A	I	P	X	S
L	W	I	L	L	V	A	R	T
S	T	T	I	M	E	K	N	P
I	O	H	D	L	J	A	L	A
A	W	A	T	C	H	F	U	L
E	A	N	T	E	B	A	K	W
W	S	K	S	P	H	I	K	A
E	F	F	O	R	T	X	R	Y
V	U	U	T	A	L	L	Z	S
S	A	L	S	Y	D	T	A	I
L	L	U	B	E	U	G	O	S
W	F	W	A	R	G	K	A	R

Journal

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





Day 1

Go to [Studio252.tv](https://studio252.tv) and watch this week's episode of The So & So Show.

➡ Click on Fun2Watch! then The So & So Show.

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

SO & SO TOP 3

After watching, write one thing that:

1. You liked: _____

2. You learned: _____

3. You'd like to know: _____



Day 2

Read Matthew 20:1-15

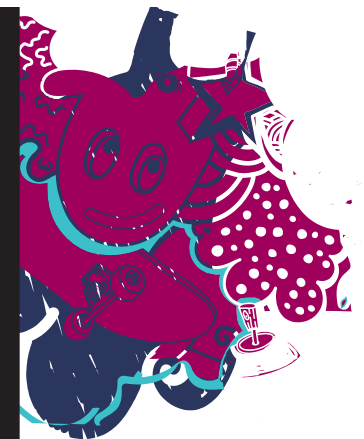
As you read Matthew 20:1-15, fill in the clock faces below with each time the owner went out to recruit workers. (Note: for the first clock, you can use 7 am.)



Circle the clock that you think represents the workers most deserving of the full pay.

Now circle the clock that you think represents the workers who should be the most grateful.

Trick question! While it might seem the workers who worked the least amount of time should be the most grateful for the pay, the truth is, the owner paid even the longest working workers a fair wage. Instead of being grateful for the paycheck, the workers who worked the longest had a bad attitude—what a waste of a good payday!



Day 3

If you were to explain the story in Matthew 20 to others, probably almost everyone would sympathize with the early workers.

It's not easy to see others getting as much or more than you if you feel you worked harder or longer. That's why you need help adjusting your attitude.

Think about a situation that made you grumpy recently. Maybe you did some of your brother's chores, and your mom gave you both a reward. Maybe you won the geography bee for your team, but your school celebrated the whole team.

The first step to adjusting your attitude is to recognize that you're not being grateful. Tell God about the situation and explain why it made you grumpy.

Then flip the situation upside down. Think about the things you have to be grateful for . . . like the reward of a late bedtime to watch a movie, or the fun time you had at the class party your school threw for the bee winners. As you thank God for the positives, drop your arms and turn your palms upward to say thank you. As you physically change your posture, ask God to change your attitude as well.

Day 4

Sometimes we don't even realize our attitudes need adjusting.

We might be caught in a negative mindset so we can't see how our attitudes are affecting our outlook, stealing our gratitude and impacting those around us too. No one likes to be around someone who's negative and complaining about things all the time, but sometimes, we don't realize that we've become that kind of person.

Today, do the hard work of finding out how others see you. Are you the kind of person who is always complaining, or do you often express gratitude for the blessings in your life?

Make a list of three people who you know love you and will be honest with you. They should be people you trust, who want the best for you.

Now go to each of those people and ask them to be honest with you: do you need to adjust your attitude? Or do you live a life of gratitude? If you find out you have some work to do (hint: we all do), don't worry: we've got a plan for that tomorrow!

Day 5

Adjusting your attitude takes practice.

It's easy to complain and be negative, but it takes lots of work and practice to focus on the positive. The first step is to ask God for help, but after that, it can also help to recruit others around you.

Form a Gratitude Task Force. Find at least 2-3 other people—a sibling, a parent, a friend and ask them for help. Commit together to adjust your attitudes: every time you catch each other saying something negative or complaining, shout, "GTF!" When someone shouts that, whoever complained must name three things they're thankful for.

Keep the GTF going for at least a week or two, until you feel yourself becoming more aware of the times when you need to adjust your attitude. And when you find your attitude becoming negative, focus on the things you have to be grateful for!

