

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

WEEK  
**5**  
1ST

Read Ephesians 5:20

DAY  
**1**

## Gratitude Journal

Have your parents ever reminded you to say “thank you” to someone? Sometimes it’s hard for us to remember to be grateful. To help you remember to say thank you, ask a parent to help you find a notebook or some paper that you can make into your very own Gratitude Journal. Keep track of all the things that you are grateful for each day—starting today! And when you have a day that’s hard for you to show gratitude, go back through your journal and remind yourself of all the good things that have happened.

**Ask God to help you find something good in each day!**

DAY  
**2**

## Picture This

Pictures are a great way for us to remember some of our favorite memories. Ask a parent if you can look through your family’s pictures on their phone, on a computer, or in a photo album. Select three or four of your favorite pictures that represent a great memory for you and share them with someone. Tell them why you are grateful for each of these special memories.

**Look for special moments to show thanks.**

DAY  
**3**

## Habit of Thanks

Look up Ephesians 5:20. God wants us to make a habit of giving thanks always for all things. Ask an adult to help you write the word, GRATEFUL, on a mirror in your room or your bathroom. Each day let it be a reminder to give thanks.

*Dear God,  
Thank you for showing us how important it is to be grateful. Help me make it a habit to be grateful each day. In Jesus’ name, amen.*

DAY  
**4**

## The ABCs of Gratitude

You know how a song or a game helps you remember something? During family time, play the GRATEFUL GAME (like, I’m Going On a Picnic) and see all the things that your family is grateful for. You start off by saying, “We are the SMITH family and we are grateful for APPLES.” The next person says, “We are the SMITH family and we are grateful for APPLES and BREAD.” Try to see how far you can get through the alphabet without forgetting what each person is grateful for! Have fun showing gratitude!

**Thank God for all the things we have to be grateful for.**

**Get in the habit  
of being grateful.**

PARENT CUE

Think of something that starts with each letter that represents something you are grateful for. Then color in the alphabet.

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z

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

WEEK  
5  
2ND-3RD

DAY 1

## Read Hebrews 12:28

Have you ever watched the sunset and thought, "WOW"? Or caught sight of a colorful rainbow or stopped to watch a crazy looking bug move along the ground? If we really pay attention, there are wonders all around us. Who's responsible for all of that? God!

Maybe in those moments you were too caught up to stop and say, "Thanks, God." But that's exactly what we should do! It's not enough just to notice. We need to go one step further and get in the habit of being grateful by actually saying thank you to God for all His amazing works.

To help you start this habit of being grateful, look for one awe inspiring moment today. It could be the sound of a baby laughing or a big fat leaf carried across the ground by the wind. **Stop and notice and then say, "Thanks, God."** When you get in the habit of saying "thank you" to God, you worship Him with deep respect and wonder.

DAY 2

## Read Colossians 3:17

Sometimes gratitude is hard. When you're feeling grumpy, tired, hungry, or maybe all three, being thankful can sometimes be the very last thing on your mind. That's why sometimes we need to treat gratitude like a habit. Just like you don't always feel like brushing your teeth or running another lap in PE or finishing that reading log, sometimes you just have to push through and do it. Sometimes just getting yourself in the habit of saying thank you can help.

This week, when you find yourself doing the opposite of being grateful, remember the first part of this verse. Think about doing everything in the name of Jesus. Remember all that He's done for you and ask Him to help you show gratitude even when it's the last thing you feel like doing.

Grab your "Gratitude List" and read back over everything you've written this month or start a fresh list today. Under Week 5, write down one big thing you want to thank God for. Try to name something that isn't a thing you own (like your bike or your Xbox) but something God has given you (like your family, your faith, Jesus, etc.) **Spend some time saying thank you to God for all the things on your "Grateful List" this month.**

Get in the habit  
of being grateful.

PARENT CUE

### 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? \_\_\_\_\_

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.

That's what Paul did right at the beginning of his letter to the Philippians, saying, “Every time I remember you, I tell God, ‘Thank you!’” If those first followers of Jesus had been asked to rate Paul's gratitude on a scale of 1 to 10, do you think they'd have given him a 10? Probably!

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.**

**FUN FACT:** Paul showed gratitude in most of his New Testament letters. (See: Romans 1:8; 1 Corinthians 1:4; Ephesians 1:15–16; Colossians 1:3; 1 Thessalonians 1:2; 2 Timothy 1:3; Philemon 1:4)

### DAY 4

## Read Luke 22:19

Does your family pray before a meal? Did you know that Jesus did this? When He fed the crowd with just five loaves and two fish, He looked up to heaven and thanked God before He broke the bread. And on this night, the last meal He would share with His friends, He broke bread again, and gave thanks to God knowing that very soon His own body would be broken for you.

Praying before you eat is an opportunity to pause and remember that everything, including the food on your table, comes from God. Bowing our heads to talk to God before we dig in is a habit to help us practice gratitude.

For the next week, ask your family to join you for a gratitude prayer challenge. Ask the oldest member of your family to lead the prayer first and to thank God for at least three things as they pray. Take turns, allowing each family member to lead the prayer at each meal, **always thanking God** for at least three things!



Journal

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



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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 1 Corinthians 11:23-26**

In Exodus 12, you can read all of the details of the Passover meal. This was the meal that God commanded His people to eat in remembrance and gratitude for being freed from slavery by the Egyptians.

Then, in 1 Corinthians 11, we read about Jesus celebrating the Passover with His disciples the night before He was arrested. During that special meal we call the Last or Lord's Supper, Jesus gave His disciples a new command: to take the Lord's Supper in remembrance of His death for our salvation.

**What does Jesus say these specific parts of the Last Supper represent?**

**The broken bread:** \_\_\_\_\_

**The cup/drink:** \_\_\_\_\_

These meals may seem a little ceremonial and intimidating if you've never participated in one, but they serve a simple but very important purpose: to remind us of what God has done, and to call us to remember with gratitude.



## Day 4

**It wasn't just a coincidence that both the Passover and the Last Supper were communal events.**

God wants us to be grateful as individuals, but He also created us to live in community with each other, and to live out our gratitude with others.

Invite a friend to share a meal or snack with you today, and as you eat, share with each other some of the things you are grateful for. (And don't forget to thank God for your food before you eat too!)

Reflect back on the month of gratitude. How has your outlook on life changed since you started making gratitude a habit? What new habits have you developed this month that you want to keep going forward?

## Day 3

Is your family in the habit of praying at meal time? What about bed time, or when you wake up in the morning?

One of the best ways you can get in the habit of being grateful is to build times into the routine of your day when you are taking time to thank God. Try following this simple schedule today (or adjusting it to fit your personal schedule better):

**When you wake up:** Thank God for something you're looking forward to.

**When you eat your meals:** Thank God for your food, and for anyone who helped prepare the meal.

**When you go to bed:** Thank God for something that happened during the day.

When you build a routine of gratitude prayers, soon you will find it's a habit that brings joy and positivity into your day!



## Day 5

**How are things going with your Gratitude Journal from Week 1? Are you keeping up with it?**

If you are, awesome! You are well on your way to forming a habit of being grateful. Keep it up, and maybe even consider writing three things each day. It's okay if you have some repeats—some things are so awesome that you will want to celebrate them often! But try to think of new things too. They don't have to be "big" things either. Sometimes you might be thankful for your house, your family, and sometimes it might be chocolate or your favorite video game!

If you haven't been keeping up with it, try to figure out why. What are some other things you're in the habit of doing? Maybe thinking about why you're good at completing those tasks will help you figure out how to create this habit. Does a particular time of day work better for you? Perhaps you need to stick the journal somewhere you'll see it when you first wake up, or as you're about to go to sleep at night? It doesn't matter when or where you take time to be grateful, just that you get in the habit of being grateful!