

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.