

Use this guide to help your family learn how  
God wants us to be grateful.

First, watch  
this week's  
video!

Gratitude:  
Letting others  
know you see  
how they've  
helped you

### Memory Verse

Give thanks to  
the Lord, because  
he is good. His  
faithful love  
continues forever.  
Psalm 136:1, NIV

### Bible Story

Give Thanks No  
Matter What  
Happens  
1 Thessalonians 5:18

### Key Question

What are you  
grateful for?

## Activity

### Gratitude List

#### WHAT YOU NEED:

Paper and pen (for both you and your child)

#### WHAT YOU DO:

Sit down with your child and give them a sheet of paper and a pen. Grab a set for yourself, too. Tell your child that you're both going to make a "gratitude list" of 10 things you're thankful for, in no particular order.

Make your list while your child does theirs. Then, switch papers and circle what you think your child would say are their top three things on their list, while they do the same on YOUR gratitude list. When you're both finished, share which three things each of you picked, and see if each of you guessed correctly!

## Talk About the Bible Story

Describe a grateful person. Now describe an ungrateful person.

Do you think we can be grateful even when we don't FEEL grateful? Why or why not? (*We can be grateful all the time because God loves us and takes care of us.*)

What's the best way to change an ungrateful attitude to a grateful one? (*Remember all that you have—family, home, food, etc.*)

Is there a time that you can remember feeling really grateful?

*Parent: Share a story about a time when you were grateful or ungrateful.*

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, gratitude doesn't come easy to us, especially when we're having a bad day. We need Your help to remember that Your plans are always good. Instead of complaining about what's bad, help us choose to be grateful for all that is good. In Jesus' name, amen."