

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



DAY 1

Read 1 Thessalonians 5:18

Have you ever had a really bad day? A day where nothing seemed to go your way? We've all had days like that. But that doesn't mean we get a pass on gratitude. That's what this month is all about. Gratitude is letting others know you see how they've helped you.

Our verse today reminds us that you ALWAYS have something to be grateful for.

Ask your mom or dad for some duct tape or masking tape. Tear off a piece about six to eight inches long and fold it so the sticky sides are together. Write the words, *Give thanks no matter what*. Then fit it around your wrist to create a bracelet. **Every time you look at your bracelet this week, remember you always have something to be grateful for.**

DAY 2

Read 1 Chronicles 16:34

We always have something to be grateful for because God's love for us never changes. And it never ends. He is always good. He always loves. You can count on God to love you no matter what.

Right now, start a "Gratitude List" for the month. Grab a piece of paper and fold it or divide it into fifths. Write weekly headings for each section. (ex. Week 1) Inside the Week 1 section at the top, write down five things or draw five simple pictures of things you are grateful for. **Keep your page with your Bible so you can add to it each week.**

You always have something to be grateful for.

DAY 3

Read Colossians 3:15

Have you ever found a toy in your home that you forgot about? Maybe it became new all over again? Or you decided it was time to get rid of? When the “newness” wears off from a toy it’s easy to forget about how thankful you were when you first got it.

Dig to the bottom of your toy bin or the back of that closet. Pull out five things and spend some time being grateful for each one. Try to remember when you received it and who gave it to you. And if it’s something you’ve outgrown, consider donating it to someone that will use and enjoy it.

Spend some time asking God to help you focus on being grateful.

DAY 4

Read 2 Corinthians 4:14-15

There is some really good news in today’s verse. Because Jesus chose to die on the cross for all the wrong things we’ve done and because God raised Him back to life, when we trust Him, we are forgiven. Once you trust Jesus as your savior, you are His, always. Nothing can separate you from Him. Even when you mess up. Even when you face hard things. Even when it feels like the worst day ever.

Jesus loves you. He proved just how much when He faced the cross for you. So, one thing you can do in response is to be grateful. Because of what Jesus has done for you, you always have something to be grateful for.

To help you practice gratitude, write the words “Thank You, Jesus, for . . .” on a sticky note and stick it on your bathroom mirror. Every time you wash your hands or brush your teeth, read those words and fill in the blank as a way to say, “**Thank you.**”

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

WEEK
2
K-5TH

DAY 1

Read Psalm 9:1

This month we're learning about gratitude—letting others know you see how they've helped you. Guess who we sometimes forget to say “Thank You” to? God! Because we can't see God face to face, we can easily forget all He's done for us. But if we stop to think about it, everything comes from God. He is the maker of heaven and earth. There is no one who deserves more honor and recognition and gratitude than God.

Today's verse reminds us to tell others about all the wonderful things God has done! Here's an easy way to practice this. The next time you sit down to eat a meal with your family, ask the following question: **What would you like to thank God for today?** Go around the table and let each member of your family share their answer. Then, bow your head and **thank God for the food** you're about to eat and the family members around your table!

DAY 2

Read Psalm 106:1-2

God has given us so many good things.

God gives us good things because He is good. There is no bad in Him. He is completely loving, kind, honest, trustworthy, and righteous. He doesn't mess up, fly off the handle, say things He doesn't mean or do anything by accident. God is perfect. And He loves us perfectly. That's why it's important for us to show God our gratitude and celebrate what He's done every day.

Grab your “Gratitude List” from last week or start a fresh list today. Write down five things you want to thank God for under Week 2. You can list things you love about God or thank Him for five things He's done. **And if you come up with more than five, even better!**

DAY 3

Read Colossians 2:6-7

Root Facts (unscramble the words below)

Roots have _____. These root hairs pull
R I H A
in water and nutrients.

There are two main types of roots: taproots and fibrous roots. A taproot is long and thick, pointing straight down. Plants with taproots include _____ and dandelions.

R A C R O T S

Fibrous roots are made up of many small roots, all around the same size. The _____ in a park or your

S S G A R

backyard has fibrous roots. Some roots are edible (which means you can eat them!). Some examples are turnips, radishes and _____.

W S E E T

T A P O T E S O

Roots are important. Plants cannot survive without them. They hold the plant in the ground to keep it standing tall and they pull in water and food from the soil. Roots also store food for the plant.

We have roots too! For those of us who trust and follow Jesus, He is our strong foundation. And just like healthy roots make for healthy plants, as you learn more about Jesus and trust Him each day, you'll grow stronger in your faith and become more and more thankful!

Answers: Hair, carrots, grass, sweet potatoes

DAY 4

Read Hebrews 13:15

When you hang out with your friends, what do you talk about? Make a list below:

We talk to our friends about silly and serious things. Most of the time, we don't even remember what we talk about.

Did you know you can talk to your friends about God? You can talk about a verse you've read or tell them about a cool activity you did with your small group at church. You can also show your friends who God is with your actions. You can treat them the way you want to be treated.

The more we talk about our faith and the more we follow Jesus with our actions, the more we show God how grateful we are for all He's given us. God loves it when we talk about Him and celebrate what He's done.

So here's a little "Show or Tell Challenge." This week, try to "tell" someone or "show" someone what you love about God with your words or actions. **Ask God to help you be brave so that you can help others see how much God loves them too.**

**Celebrate what
God has done.**

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



DAY 1

Read Philippians 4:6

Have you ever heard the phrase “mind your manners?” Here are some manners you’ve probably learned by now:

Say, “Please!” and “Thank you.”

Say “Excuse me.”

Don’t interrupt when someone else is talking.

Wait your turn.

Manners are important because they show others they are important to us! When we choose to mind our manners, we remind ourselves to be focused on others, not just on what we want.

This week, look for opportunities to say “thank you.” Find the littlest things and say, “thank you.”

Ask God to help you “mind your manners” and show gratitude.

DAY 2

Read Luke 17:15-16

In this story, there were ten men with this terribly painful skin disease called leprosy. Lepers (people with leprosy) had to leave their family behind and live with others lepers. It would be like heading into quarantine but with a bunch of strangers who were sick too.

One day, ten lepers met Jesus and He healed them! Quarantine was officially over. Nine of them headed straight home, happy to get back to life as usual. But one leper returned. Why? To say, “thank you.” It’s not that the other nine weren’t grateful. But only one took the time to go back and actually say it.

Are you more like the nine who forgot to show gratitude or more like the one who took the time to go back and say thanks?

Grab your “Gratitude List” for this month or start a new list today. Under Week 3, write down three people who have done something to help you in the last few days. Have you said, thank you, to them? If not, take the time this week to go back to the three people on your list and say thank you!

Say thank you.

DAY 3

Read Ephesians 5:20

What if for just 30 minutes, you tried to say “thank you” to everyone you could? That includes anyone who helps you, anyone who says something kind, or anyone who puts you first. Thirty minutes probably wouldn’t be all that hard for you.

Do you think you could do the same thing with God? There is a lot of stuff you can thank God for.

Grab a piece of paper and set a timer for two minutes. During those two minutes, write down everything you want to thank God for!

To make this even more fun, ask another family member to take the same challenge and then compare your lists when the two minutes is up.

Read through this list as a thank you prayer to God. **Remember, when it comes to saying thank you, God should always be at the top of our list!**

DAY 4

Read Psalm 103:1-2

Do you know why saying thank you is so important? It isn’t enough to simply feel grateful. 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 in prayer, we remember who He is (the God of all creation who made us and loves us) and all He’s done (the one who sent His only son Jesus, so that we could be a part of his family forever). God wants us to talk to Him in prayer, to tell Him what we’re worried about and to ask for His help. But we should always start by saying thank you. Gratitude reminds us who we’re talking to and helps us show honor and worth to our heavenly Father.

When do you talk to God? As you pray this week, try to spend more time, saying “thank you” than “please help” or “I want.” If you do, deep down (as our verse reminds us) you’ll be praising God in the way that He deserves.

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



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.**

Adjust your attitude.

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.**

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

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



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.

Get in the habit of being grateful.

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.**

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!

NOVEMBER
2020

Elementary

WEEKLY CUES

YOU GOT
THIS!

Theme

Shout Out: Let 'em Know You're Thankful

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



REMEMBER THIS

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

Week One

1 Thessalonians 5:18

Give thanks no matter what happens

SAY THIS:

You always have something to be grateful for.

Week Two

2 Samuel 6:12b-22a

David Dances

SAY THIS:

Celebrate what God has done.

Week Three

Luke 17:11-19

Jesus Heals 10 Men

SAY THIS:

Say thank you.

Week Four

Matthew 20:1-15

The Story of the Workers in the Vineyard

SAY THIS:

Adjust your attitude.

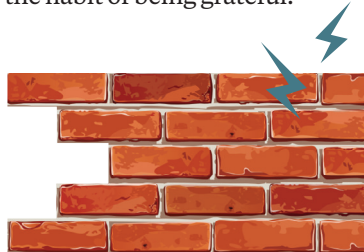
Week Five

1 Corinthians 11:23-26, Exodus 12

Lord's Supper / Last Supper

SAY THIS:

Get in the habit of being grateful.



NOVEMBER
2020

Elementary

WEEKLY CUES

YOU GOT
THIS!

Theme

Shout Out: Let 'em Know You're Thankful

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



REMEMBER THIS

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

Week One

1 Thessalonians 5:18

Give thanks no matter what happens

SAY THIS:

You always have something to be grateful for.

Week Two

2 Samuel 6:12b-22a

David Dances

SAY THIS:

Celebrate what God has done.

Week Three

Luke 17:11-19

Jesus Heals 10 Men

SAY THIS:

Say thank you.

Week Four

Matthew 20:1-15

The Story of the Workers in the Vineyard

SAY THIS:

Adjust your attitude.

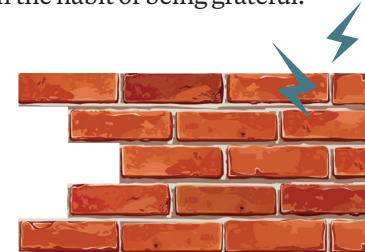
Week Five

1 Corinthians 11:23-26, Exodus 12

Lord's Supper / Last Supper

SAY THIS:

Get in the habit of being grateful.



Elementary

DAILY CUES



Morning Time

Leave a note by your child's breakfast or on their mirror asking them, "What can you be grateful for today?" At the end of the day, ask them what they decided to be grateful for!

~~~~~



### Drive Time

Celebrate what God has done! Take turns naming things you can be grateful for and then turn up the music to celebrate. Play this month's song called, "(I Want To Say) Thank You" by Orange Kids Music.



### Meal Time

**Q & A FOR KIDS:** Who has most recently helped you? Did you thank them? (If not, go do it!)

**Q&A FOR PARENTS:** What is something difficult you experienced that you're grateful for now?

~~~~~



Bed Time

Share about something in your life that hasn't gone the way you hoped. Whether it is big or small, can you think of things to be grateful for? Make a list of at least ten things you are thankful for right now. Pray together, thanking God and asking Him to give you eyes to see all the good things around you—no matter what is going on in your life.

Elementary

DAILY CUES



Morning Time

Leave a note by your child's breakfast or on their mirror asking them, "What can you be grateful for today?" At the end of the day, ask them what they decided to be grateful for!

~~~~~



### Drive Time

Celebrate what God has done! Take turns naming things you can be grateful for and then turn up the music to celebrate. Play this month's song called, "(I Want To Say) Thank You" by Orange Kids Music.



### Meal Time

**Q & A FOR KIDS:** Who has most recently helped you? Did you thank them? (If not, go do it!)

**Q&A FOR PARENTS:** What is something difficult you experienced that you're grateful for now?

~~~~~



Bed Time

Share about something in your life that hasn't gone the way you hoped. Whether it is big or small, can you think of things to be grateful for? Make a list of at least ten things you are thankful for right now. Pray together, thanking God and asking Him to give you eyes to see all the good things around you—no matter what is going on in your life.