

Gratitude

letting others know you
see how they've helped you

Week 1
2ND - 3RD GRADE

READ PSALM 100:1-2

DAY 1

This month is all about gratitude! Gratitude is letting others know you see how they've helped you. Did you know that it's important to show gratitude to God? One of the BIG ways we do that is by singing to or praising God! Did you know that the word "psalm" means song? The verses you read in the book of Psalm are actually song lyrics!

Today, you're going to be the songwriter. Write a song or rap using the words of this verse. Either write using your own beat or pick a tune you already know (like "Row, Row, Row Your Boat" or "Twinkle, Twinkle, Little Star"). For the rap, think about how you could write out the verse in your own words to make the words flow.

At your next family meal, ask if you can sing or rap this verse before you eat as a prayer to God.

THANK God for ALL He's done.

READ PSALM 100:3

DAY 2

God made YOU! He carefully crafted every part of you. There is no one else exactly like you! And you belong to Him. Nothing you can do—or not do—could make Him love you any less. That is amazing!

Celebrate how God has created you. EVERY time you look in the mirror, say out loud, "God made me and I belong to Him." Remind yourself that God made you special and He loves you very much. And every time you do, you'll be thanking Him and celebrating Him for creating wonderful you!

ASK God to help you remember that He made you and you belong to Him.

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READ PSALM 100:4

DAY 3

Why do you go to church? Why is it important to you?

There are three big reasons we go to church:

1. To learn more about how to follow God.
2. To praise God together with our friends.
3. To encourage one another to follow God the rest of the week.

How did you praise God at church this past Sunday? Did you sing to Him? Do you remember the words to any of the songs you sang during the worship time? The words of the songs you sing at church remind you of who God is and how much He loves you. Remember this week to celebrate with gratitude all that God has done.

LISTEN to and sing along with praise songs this week in the car.

READ PSALM 100:5

DAY 4

Can you think of something that happened this week that wasn't so awesome? Maybe you totally bombed your spelling test. Maybe you just can't seem to memorize those pesky times tables. Maybe you got in a fight with your sibling and you're STILL mad.

We all face stuff that makes us sad or isn't so awesome. But God wants us to remember that even when bad stuff comes our way, that HE is still good. He is still completely in control and His love stays the same. Forever. What a HUGE reason to be grateful for His unchanging and unending love.

Write a prayer to God, explaining the not so awesome thing that happened. Ask Him to help you see how you can make it better. Then thank Him for loving you and for being in control NO matter what happens.

KNOW that God is good and He loves you. Always. Forever.

Celebrate what
God has done.

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Week 2
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READ COLOSSIANS 2:7

DAY 1

Have you ever pulled up a plant from the ground? What lies beneath the surface of the plant? To have a healthy plant you have to have a healthy root system. Those roots are what soak up all the nutrients in the water and soil to help it grow.

Did you know that your faith needs strong roots? It's true! Strong roots are the big secret to having an attitude of gratitude. So how can you get those strong roots? By doing what you're doing RIGHT now. By showing up at church for your small group. By praying and talking to your mom or dad or about God. And as you grow in your faith, you will notice your attitude will change to one of gratitude. God will help you grow strong in Him so that you can be more thankful than EVER before.

Plant a seed! Pour some soil into a clear plastic cup to fill it up halfway. Place a seed into the center and cover it up with more soil. Water and keep the cup on near a window where it can get some sun. Watch what happens!

THANK God for the opportunity to grow in your faith so you can be more thankful!

READ EPHESIANS 2:8-9

DAY 2

Over 2,000 years ago God gave us the most precious and priceless gift ever. God gave us Jesus. Jesus came to the earth as a baby, grew up and lived a perfect life, died on the cross for your sins and rose again to BEAT death once and for all. Why? So that you could be forgiven.

On a piece of paper, write down all the good things you've done—it can be anything like "played with my little sister" or "put away my bike."

Did you come up with a pretty good list? The problem is, you can't do enough good things to earn your way into a relationship with God. Doing good doesn't make you perfect. Perfection isn't what is required because God is perfect

Now draw a large cross over your list of good things. God's gift of Jesus wasn't something you deserved and it isn't something you can earn by doing good. God sent Jesus because He loves you and wants a relationship with you. And that's reason enough to be grateful.

ASK God help you remember this BIG gift and adjust your attitude.

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READ ECCLESIASTES 6:9

DAY 3

Have you ever tried to chase the wind or catch a bird in your hand? Impossible right? You know what makes gratitude almost impossible? Comparison. It's as silly as chasing the wind. Because comparison—looking at what other people have versus what you have—is pretty pointless. It's better, God says, to be satisfied or grateful for what you DO have, rather than wanting more or what other people have. God promises to provide for all your needs and He wants you to live a life of gratitude

Go for a walk with your family. Talk about all the amazing things God has made—take the time to point to specific things you see and feel the wind on your face. Thank God for the body He's given you, eyes to see, ears to hear, hands to touch, lungs to breathe in the cool air, and the list goes on!

LOOK for and **NAME** all the things you have to be thankful for so you can avoid the pointless game of comparison.

READ COLOSSIANS 3:15

DAY 4

There is ALWAYS something to be grateful for. Always. Even when things seem bad, even when nothing goes your way, or even when everything is hard there is always a reason to be thankful. And while you can't change what happens to you when you have a bad day, you can choose how you respond. You can't control your circumstances or the things that happen to you, but you can adjust your attitude and choose one of gratitude.

At some point today, sit down with your family in a circle. Name one bad event—real or make believe. Then ask each person in your family to name something good that could come from that bad event. For instance, you might say, "It rained on field day." And someone might answer—"You were able play inside the gym instead and no one got sunburned."

KNOW that God can always make something good out of something bad when we choose gratitude.

Adjust your
attitude.

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Week 3
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READ PSALM 95:1-2

DAY 1

When someone helps you, do you take the time to say "thank you?" How about when GOD does something awesome? Do you stop and take time to thank Him? It's easier to say thank you to someone standing right in front of you. But because we can't see God, we often forget that He deserves a "thank you" too.

To help you remember to say "thank you" to God, make some prayer prompt cards to use this week. Grab some notecards and a pen. You'll need three cards. Write the statement that is in **BOLD BELOW** on each card.

Breakfast: **THANK GOD FOR SOMETHING THAT IS TRUE ABOUT HIM.** (like He's loving, He's kind or He is forgiving) *Put this card wherever you eat breakfast. .

Lunch: **THANK GOD FOR ALL THE MANY BLESSINGS HE'S GIVEN YOU.** (Name specific things like: your family, your friends, food to eat, clothes to wear etc.) *Put this card in your lunchbox.

Dinner: **THANK GOD FOR SENDING JESUS.** *Put this card on the dinner table.

THANK God in these three specific ways each day this week.

READ PSALM 118:24

DAY 2

Can you think of some things today that you are thankful for? Grab a piece of paper and see how quickly you can write down ten different things. Leave room at the bottom of the page to add to your list.

God has given you this day. And He wants you to be joyful and glad and THANKFUL as you walk through it.

Post your list on the refrigerator or in another spot where the rest of your family can see it. If possible, hang a pen near the list so that it's easily accessible. Encourage other family members to add their own "thank you's" to the list this week. Every time you walk by the list, take time to read what others have added so that you can be grateful for those things too.

ASK God to help you show gratitude for the things on your list (and so much more) this week.

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Week 3
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READ PSALM 136:1-3

DAY 3

Everything changes. The seasons. Your shoe size. The weather. Your likes and dislikes. But there is someone who NEVER changes. There is someone who is always loving, always kind, always forgiving, and always trustworthy. God is good and His faithful love continues forever.

Read this verse aloud at your Thanksgiving meal (or another 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." Recite these verses as a prayer before you eat all that yummy food!

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 God of all."

Everyone else: "His faithful love continues forever."

LOOK for opportunities to thank God for His faithful love that never changes.

LUKE 17:11-19

DAY 4

How many people did Jesus heal that day? _____

How many of those men returned to say thank you? _____

Do you think those nine men who Jesus healed were grateful? Probably. But only one took the time to actually SAY he was thankful. Thank you isn't hard. It's just two words. It's doesn't cost anything and it takes maybe seconds of your day. Saying thank you can make a big difference. So be like that one guy. Choose to say those two simple words every time someone does something nice for you. Because if you don't say it and you don't show it, no one around you will know it!

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. Choose a person you would like to say "thank you" to. Write down ten reasons why you're thankful for this person, one reason on each finger.

KNOW that if you don't say it and you don't show it, no one will know it!

Say
thank you.

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Week 4
2ND - 3RD GRADE

READ 1 THESSALONIANS 5:18

DAY 1

When should we be joyful? _____

When should we pray? _____

When should we give thanks? _____

What about when bad things happen? What about when someone is sick, or when you have to move, or when your mom loses her job? Is it possible to still be grateful even in these situations?

The answer is yes! These verses remind us that we can choose to give thanks no matter what happens. This doesn't mean that we should be thankful FOR the bad things. God doesn't ask us to be grateful for the difficult circumstance. But He does challenge us to find something, even in the midst of the not so awesome stuff, to be grateful for. Because there is always a reason to be grateful.

THANK God for the opportunity to show gratitude even when things are hard.

READ PSALM 34:1-3

DAY 2

God made you and He thinks you're pretty awesome. And one of the best ways you can say thank you to Him is to do good in the world. When you use your talents to make the world a better place, you show God how grateful you are for the amazing way He made you.

To show God your gratitude this week, we have a challenge for you! Your challenge is to share one of your talents with someone else. You could sing a song, tell a joke to make someone laugh, draw a picture to brighten someone's day or you could choose to listen and be a good friend. You honor God when you share your talents and make others happy.

ASK God to help you use your talents to make someone else's day.

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READ COLOSSIANS 3:17

DAY 3

Gratitude is letting others know you see how they've helped you. That means that even if you FEEL grateful, others won't know you really are unless you say and show it. This verse reminds us to give thanks when? Some of the time? Only when we feel like? Nope. Always.

Draw a clock on a blank piece of paper. In the center of the clock write this verse and decorate it anyway you choose. Cut out the clock and place it in your Bible as a reminder to be grateful at all times.

LOOK for ways to show gratitude this week.

READ 1 CHRONICLES 23:30

DAY 4

Do you have any habits? Some habits are good ones—like always brushing your teeth before bed or wearing your helmet when you ride your bike. Some habits are not so good—like biting your nails, or constantly interrupting, or grinding your teeth.

Here's a new gratitude habit you can begin TOMORROW. Every time you pray thank God for three things. Just three. You don't have to use big words. You can thank Him for simple things like sunshine or chocolate ice cream. The important part is to make sure that each time you pray, you're taking time to say 'thank you.' Once you start with something small, you'll begin to notice other ways you can show gratitude too. Before you know it, your every once in a while thank you's will become a regular habit.

KNOW that God loves it when we say thank you.

Always
be grateful.