

WHAT ARE YOU GRATEFUL FOR?

DAY 4

Today we're going to make some gratitude flags. We're going to **celebrate what God has done.**

FIRST, FIND SOME PAPER AND CUT IT INTO THIN STRIPS. FIND SOME PENS AND PENCILS THAT CAN BE YOUR FLAGPOLES (YOU CAN TAPE THE PAPER STRIPS TO THE PENS/PENCILS).

See if you can write down ten big things that God has done for you. These can be things that you've experienced or they could be things that are true about Him.

Go ahead and come up with your ten flags. Then attach them to your bed frame, or somewhere else in your room where you'll see them this week. Let them remind you of God's faithfulness and love for you!

LIVE
FOR GOD



DAY 1

READ PSALM 100:1-5

It's important that we take time out to show our gratitude. Gratitude is letting others know you see how they've helped you.

WE NEED TO STOP AND SAY "THANK YOU" TO THE PEOPLE WHO HAVE MADE A DIFFERENCE IN OUR LIVES.

And we definitely need to stop and say "thank you" to God, for all He's done. That's what this psalm is all about.

Have you ever spent time looking at different translations of the Bible? What translation do you have? Maybe the NIV (New International Reader's Version) or the NIV (New International Version)? You can also look up different translations on the Internet.

Look up Psalm 100 in these three translations and write down the words that stand out to you. (New International Reader's Version, King James Version, and The Message).

The words may be different, but the idea is the same. Show your gratitude. Say "thank you" to God.

HEAR
FROM GOD

WEEK 1 - PRETEEN



DAY 2

When we talk to God, it's easy to come to Him with all the things we need, right? After all, there are always things we wish God would change or things we wish He would help us understand. It's great to talk to Him about those things.

Thanking Him is important, too. You might want to say thanks, like if something really good is happening. But it might be harder to remember to thank Him if things aren't going so well.

When you thank God for what He's done, you're basically saying, "God, I trust you. Thank You for being in control of my life—the good things and the bad things. I know that it's all in your hands. Thank you for caring about me so much that you're doing everything for a reason."

TALK TO GOD AND START BY THANKING HIM—FOR THE GOOD AND THE BAD—THE EXPECTED AND THE UNEXPECTED.

DAY 3

What are some occasions that you always make sure to celebrate? Go ahead and list a few of them here.

Celebrating is usually about the past, isn't it? We celebrate things like birthdays—remembering when a person was born. We celebrate holidays and traditions that are special and meaningful. Celebrating is a way of being thankful for the things that are most important to us.

As Christians, we have the ultimate reason to be grateful because we have the ultimate reason to celebrate. We have hope in Jesus that will be true forever!

Talk to someone you know who believes in Jesus—someone who's older than you. Maybe it's your brother or sister, parent, small group leader. Ask them these three questions . . .

- Why is your relationship with God worth celebrating?
- What has God done for you that makes you grateful?
- How does saying "thank you" to God make your relationship with Him stronger?

28

+2
1
1
-2

ISO
252

WB
+/-
B/W
01



PRAY
TO GOD



TALK
ABOUT GOD

WHAT DO YOU DO WHEN YOU DON'T FEEL GRATEFUL?

DAY 4

Let's talk real life. How do you keep your thankful attitude when something throws you off your game? Life happens and it can really make you feel angry or frustrated or envious.

You can stop and pray and ask God to help you. You can also stop and think about what you DO have to be thankful for.

Some people keep a gratitude journal, where they write down one thing each day that makes them grateful. It's a discipline—a way to keep your attitude in the right place.

The people you love. Your favorite food. A fun memory with a friend. When you think about those things, it changes the way you see the challenges you might face.

Try it! For the next week of GodTimes, write one thing at the top of the page that makes you thankful. See if it helps you **adjust your attitude** so you can stay grateful through all the ups and downs of life.

LIVE
FOR GOD



DAY 1

READ MATTHEW 20:1-15

Gratitude isn't just about saying "thank you." It's an attitude. If you really want to be a grateful person, you have to refocus. You have to change the way you look at the things that happen to you.

Think about the story Jesus told about the vineyard workers.

Imagine you were one of the first people who got hired, early in the morning. What if the vineyard worker hired everyone at the same time as you? At the end of the day, he would have paid you what you expected and you'd have been grateful for it.

But everything changed in Jesus' story when the other workers got hired later in the day. They did less work for the same pay. All of a sudden, the early-morning workers weren't grateful anymore for having a job. They started to complain. They thought, "That's not fair!"

The situation looks totally different depending on your attitude. The good news is you're in control! You can **adjust your attitude** and act in a thankful way.

HEAR
FROM GOD

WEEK 2 - PRETEEN



DAY 2

All of us need an attitude adjustment sometimes. It can be really difficult to keep a thankful heart . . .

... WHEN BAD THINGS HAPPEN

... WHEN YOU DON'T GET YOUR WAY

... WHEN YOU GET JEALOUS OF WHAT SOMEONE ELSE HAS

You get to choose the way you react to those situations. But you can't do it alone! All of us need God's help to really live out a grateful attitude.

Tomorrow morning, ask God to help you keep a positive, thankful attitude—whatever happens in your day. He knows exactly how you feel. And He can help you!



DAY 3

Do you have a lock on your bike? Does it have a combination?

Gratitude is a lot like that. It's like a combination that **unlocks** your friendship with other people.

After all, God doesn't just want us to be grateful so that we can "even the score" with people. It's not like, "He did that for me, and I said 'thank you,' so we're good."

God knows that gratitude isn't just a one-time deal. You build and strengthen your relationships with the people He's put in your life by showing them your gratitude over time. When you do, you're really showing them how important they are to you.

Think of someone who means a lot to you—not just for one specific thing, but because they're someone you can always count on. Take a minute to talk with them and tell them that. Your gratitude will mean more than you'll ever know!

2.8



ISO 252

WB +/- B/W 01



PRAY
TO GOD



TALK
ABOUT GOD

WHAT ARE CREATIVE WAYS TO SAY THANK YOU?

DAY 4

One of the best things about showing gratitude is that it can be FUN! You can use your creativity and make it memorable.

You don't have to wait for your mom to nudge you with her elbow to get you to mumble "thank you" under your breath. It isn't just about writing a note after you get a gift (although that's always a good idea!).

A WEEK OF GRATITUDE

I'm thankful for:

If you have a gift for something, use it! Maybe you're good at drawing pictures or you like to make your own jewelry. Maybe you're an incredible baker.

Use technology to show your gratitude and think outside the box! Put together a really fun string of emojis to tell someone how you feel or make a video that you know will make them laugh. Take a selfie doing a thumbs-up or holding up a sign.

There are people all around you who need to hear your unique, creative "thank you." Let them know you see how they've helped you!

LIVE
FOR GOD



DAY 1

READ LUKE 17:11-19

It's hard for us to really understand what it was like for the ten guys Jesus healed. They had a skin disease, which probably would have meant they couldn't take part of regular life with the people they loved. And there was no hope of a cure either.

That's why it was such a big deal when Jesus healed them. It was like He gave them their life back! They must have been SO excited.

But look at verse 15. When one of them saw he was healed, he did he do?

That's right. He stopped. He decided to do something so simple, but so powerful. He *went back* to thank Jesus.

If we're not careful, we can forget to **say "thank you"**—just like the other nine guys who left. They must have been grateful. But they didn't say it. It's so important for us to stop and say "thank you" to God, and to the people in our lives who help us. Don't be so busy that you forget to stop and be thankful!

A WEEK OF
GRATITUDE
I'm thankful
for:

HEAR
FROM GOD

WEEK 3 - PRETEEN



DAY 2

When we thank God, a lot of times we're thanking Him for stuff or for things He's done in our lives. It's SO important for us to remember to do that.

You know what else we can thank Him for? We can thank Him for **who He is.**

FOR HIS GOODNESS.

FOR HIS KINDNESS.

FOR HIS LOVE.

FOR HIS FORGIVENESS.

Write out a prayer below. Take some time to thank God for being your loving Father and always having your back.

A WEEK OF GRATITUDE
I'm thankful for

PRAY
TO GOD



DAY 3

Last week you got to thank someone in person and tell them how much they mean to you. How did that feel? How did they react?

Today, take some time to write a thank-you note and thank someone who's helped you in a big way. It could be something they did for you recently, or it could be a note to someone who's been there for you over time—like a teacher or small group leader.

You might see how people have helped you, but when you *tell* them that, it shows them that you appreciate them. And that can be in person or written down.

Think about it. Don't *you* like to get a thank-you note when someone notices something you've done? It's not something people expect. That's what makes it so powerful. Your words of gratitude are guaranteed to bring life and joy to their day!

A WEEK OF GRATITUDE
I'm thankful for:

28



ISO
252

WB
+/-
B/W
01



TALK
ABOUT GOD

WHAT'S KEEPING YOU FROM BEING THANKFUL?

DAY 4

Thanksgiving is a great reminder to take time every year to be thankful. It's good to take time away from school and enjoy some experiences as a family. You might have some fun family traditions around Thanksgiving that you like to do together.

But gratitude isn't something we only do one day of the year. Being thankful is a lifestyle—it's something we should take time for every day. So if you're struggling with being ungrateful in some area of your life . . . what's stopping you? What's keeping you from living with a thankful attitude?

We definitely don't want to get in a habit of ingratitude. If we do, we start to get sarcastic and bitter about good things that happen to other people. We can't share their happiness too. We start to focus only on ourselves. We start to think everything is bad. We complain.

Does that description sound like someone you'd want to spend time with? Not so much! The great news is that God has designed us for something so much better. He's made us to be grateful—to respond to the good and the bad in our lives with an attitude of honest thankfulness.

So, how about you? **Are you up for the challenge?**

LIVE
FOR GOD



DAY 1

READ 1 THESSALONIANS 5:18

So God wants us to give thanks no matter what. He wants us to **always be grateful.**

But let's think about that for second. Does that mean you should be grateful when your brother gets to pick the pizza toppings? Does that mean your mom should be grateful when she has a tough day at work? Your sister should be grateful that she lost one of her favorite earrings?

Well . . . sort of. It doesn't mean that you're grateful *because* those things happened. It means that you can let those setbacks roll off you because you're a grateful person overall—you have a habit of gratitude. You have the right attitude that helps you remember what's most important and focus on those things.

The key is right there in the second half of the verse: "God wants you to thank Him because you believe in Christ Jesus." Go ahead and underline it. The reason we thank God isn't because He gives us what we want. We thank God because we know we have everything we need already in Jesus.

Of course you're going to get frustrated sometimes, and you won't always feel grateful. But you can always BE a grateful person—deep down—because of what Jesus has done for you.

HEAR
FROM GOD

WEEK 4 - PRETEEN



DAY 2

THINK ABOUT THE WORD ALWAYS.

There aren't a lot of things in this world that we can always count on. The things you own don't last forever. You can't always succeed in the things you try to do; sometimes you fall short. Sometimes even the people we love let us down.

That's why it's so important to remember what's true about God.

- He always loves you.
- He's always with you.
- He always knows what's best for you.

You'll always have a reason to be grateful when you remember how God always feels about you.

Take a minute and thank Him for those amazing truths that you can *always* count on.



DAY 3

Some people can honestly say that they thank God for difficult things in their lives. They say they're grateful because those challenges have brought them closer to Him.

Maybe that's hard to believe. But look at what James wrote in his letter in the Bible (James 1:2-4, NIV).

My brothers and sisters, you will face all kinds of trouble. When you do, think of it as pure joy. Your faith will be tested. You know that when this happens it will produce in you the strength to continue. And you must allow this strength to finish its work. Then you will be all you should be. You will have everything you need.

Tonight, ask your parents if there was ever something that didn't happen the way they wanted it to, but when they look back, they're thankful for it. You might be surprised by their answers.

2.8



ISO 252

WB +/- B/W 01



PRAY TO GOD



TALK ABOUT GOD