

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

## DAY 1

### Read 1 Thessalonians 5:18

This month is all about gratitude – letting others know you see how they've helped you. When things don't go your way, can you still “give thanks no matter what?” You might not be able to control when bad things happen to you, but you can always find something to be grateful for.

### Jar of Thanksgiving

Since thankfulness is a choice, let's create a thankfulness jar. Find a jar or other clear plastic container and place it in your home where everyone can see it. Collect scraps of paper and something to write with. As you think of things to be thankful for, write them down, fold them up and place them in the jar. See if you can fill the jar up this month!

## DAY 2

### Read Colossians 2:6-7

Have you ever studied how a tree grows to be so tall? In order for a tree to grow tall and strong, it has to have a healthy root system to support it. Those roots pull water, oxygen, and minerals from the soil to help it grow. They also serve as an anchor underground, helping to hold the tree firmly in place.

Just like the roots of a tree help it to grow, being rooted in your faith helps you stand strong and choose gratitude. When your faith grows, an attitude of thankfulness is likely to follow.

### Tree of Thankfulness

Head outside and find a tree or look one up online with an adult's permission. Look closely at the roots of the tree. Are there some that stick up out of the ground that you might trip over? How tall do you think it is? After you look at the tree, spend some time asking God to help you have an attitude of thankfulness.

DAY 3

## Read Colossians 3:17

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 it and show it. This verse reminds us to give thanks when? Always.

Did you know that as a follower of Jesus, you have the biggest reason to be thankful? Because of what Jesus has done, you are forgiven. Nothing can separate you from His love. Even if things around you aren't the way you want, you can find a way to be thankful.

### Thank You For The Cross

Draw the outline of a cross in the center of a piece of paper. Write this verse somewhere inside the cross. Cut out the cross and place it in your Bible as a reminder that because of Jesus, you can always be grateful.

DAY 4

## Read Romans 8:28

Even if you can't see it, as Paul reminds us, God is working all things together for our good. God can take our highs and lows and use them all for good. We can be thankful when we remember how God is faithful!

### Highs and Lows

Share your highs and lows for the day with your family and read this verse together. Then share one thing you're thankful for, despite the low you mentioned. Remember, there's always something to be grateful for. And who knows? One day you might look back on that "low" and realize that God used it for good.



You always  
have something to  
be grateful for.