

GRATITUDE

letting others know
you see how they've
helped you

WEEK
1

Read 1 Thessalonians 5:18

DAY 1

"Give thanks no matter what happens." Is that really possible? What if you get a bad grade? What about when you don't make the team? Or when your best friend has suddenly decided not to be friends anymore?

When things don't go your way, can you still give thanks "no matter what"? Well, the short answer is "yes." You might not be able to control when bad things happen to you, but you can choose to be grateful. When you get a bad grade, be thankful that you are in school learning. When you don't make the team, be thankful that you can play even if you're not on a team. And when your friend isn't all that nice, be thankful that you can choose to respond differently.

Thankfulness is a CHOICE. This month, create a thankfulness jar. Find a jar or other clear plastic container. Create a "THANKFULNESS JAR" label and place it in your home where everyone can see it. Collect scraps of paper and something to write with and set those out next to the jar. This month, 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 up the jar this month!

Thank God that He has given you the CHOICE to be grateful no matter what happens.

Read Colossians 2:6-7

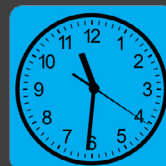
DAY 2

In order for a tree to grow tall and strong, what does it need? That's right; roots! A tree needs a healthy root system to support it. Those roots pull water, oxygen, and minerals from the soil to help it grow. They also work like 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 you trust Jesus as your Savior and begin to learn more about Him, your faith starts growing. And when your faith grows, you'll start to have an attitude of gratitude.

Head outside and find a tree. Spend some time checking out the roots of the tree. Are there some that stick up out of the ground that you might trip over? Look at how tall that tree is. Is it sturdy enough to climb? If so, climb up and spend some time talking to God about how you can become more rooted in your faith and live with an attitude of thankfulness this week.

Ask God to help you grow in your faith and choose gratitude this week.



252 HOME

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Read Psalm 136:1

DAY 3

Sometimes when we pray, we go straight to God with our "to do" list. You know, like "Hey God, can you please make sure it doesn't rain tomorrow so I can ride my bike?" or "God, could you make sure I get that new gaming system for Christmas?" or "God, it would be super awesome if you could make sure my teacher forgets about that spelling test tomorrow."

Let's be honest: most of our prayers to God are about what we need or want instead of thinking about WHOM we're speaking to. But prayer is a BIG deal. When you pray, you're talking to the One who created the mountains and carved out the oceans. He holds the universe in His hands, yet He listens to every word you say. So before you launch into all the things you want from God, take some time to THANK God for who He is and what He's already done.

Before you pray, create a "Truths About God" doodle page. Write "GOD is" in the center and then cover the page with all the things that are true about God. Here are a few to get you started. God is ... powerful, mighty, loving, just, trustworthy. Hang on to this doodle page. You'll need it later in the month.

Look for ways to thank God this week.

Read Psalm 103:1

DAY 4

Do you ever forget to say "thank you" when someone does something for you? Did you thank your mom or dad for helping you finish that big school project? Did you remember to say "thank you" to your friend who shared her markers with you at school?

Sometimes the last thing we think about is showing gratitude to the people right in front of us. And it's really hard to remember someone we CAN'T see. Since we can't see God with our eyes, it's easy to forget to be thankful for who He is and all He's done. But gratitude has to start with God. He's the reason why you're here. He made you uniquely you and He loves you more than anyone else.

Pull out a piece of paper and make a list of all that God has done for you. Try to list as many things as you can. Place your list on your beside table. Select one thing to thank God for from your list each time you pray this month. (Hint: To fill your Thankfulness Jar faster, pick a few things from your list to put in the jar!)

Know that God loves it when we choose gratitude.



You always have
something to
be grateful for.



252 HOME

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