

# GRATITUDE

Take time to  
remember how others  
have helped you.



DAY 1

## Read Psalm 92:1

When someone does something nice for you, it's easy to look them in the eye and say "thank you." Like when your mom packs your lunch, or when your dad helps you practice your free throws, or when your older brother shows you how to make it to the next level of your favorite video game. It's not all that hard to remember to thank someone standing right in front of you.

But what about someone you *can't* see? Do you remember to thank your heavenly Father for all the things He's given you?

Once you get started, it's not that hard to think of a whole lot of things to thank God for. Take a few minutes to write a song or poem to God thanking Him for all He's given you. Use your doodle page from Week 1 to help you get started.

**Thank** God for all He has given you.

DAY 2

## Read 1 Timothy 2:1

Good friends are really important. God gave you friends to celebrate the good times (like a birthday or scoring the winning goal) and the bad (like when your cat runs away or you fail a test). And there's something you can do anytime, anywhere to help your friends. No matter where you are, you can pray and talk to God about your friends.

Is there something they need prayer for? This verse asks us to pray for others, to ask God to bless them and provide for them and to thank God for them. Take a few minutes to list three friends on a piece of paper. Under each of their names, list one thing to pray for, one thing you're thankful for, and one thing you hope for each of them. Then use your list for pray for each of them.

**Ask** God to protect and provide for your friends this week.



252 HOME

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## Read Psalm 103:2

DAY 3

When you read a verse like this, does it just seem impossible? The standard of this writer is pretty high when he says, "I will not forget anything God does for me." Really? Not forget ANYTHING? How are we supposed to remember EVERYTHING?

The truth is, you probably will forget to thank God sometimes. That's why you should figure out some regular time for thanking God throughout your day. Praying before meals and at bedtime may already be part of your routine. But what if you came up with a few other times to thank Him throughout your day?

Ask an adult for some sticky notes and a marker. Think of three different things you do every day, like brushing your teeth or eating a snack or washing your hands. Write down one thing to be thankful for and stick the sticky note somewhere near that activity. For instance, you might place a sticky in your bathroom drawer to remind you to thank God for your little brother as you brush your teeth. Now share this "thankfulness routine" with your a parent and ask them to help you stick with it this week.

**Look** for ways to follow through with your "thankfulness routine" this week.

## Read Philippians 1:3

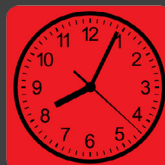
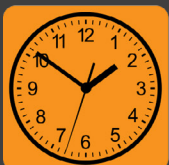
DAY 4

Can you name the people in your world that you see most every day? Certainly your parents and your sister or brother count. What about your friends from school or in your neighborhood? What about your grandparents or aunts, uncles, or cousins?

Create a short list of these people in your mind. Do you remember to tell your heavenly Father thanks for them too? After all, He gave you your mom and dad. He allowed that friend to move in next door or sit next to you in class. Can you remember to thank God for them EVERY time you think of them?

Ask your mom or dad for a piece of string. Tie it around your finger so that it stays in place (but not too tight that it cuts off the circulation!). Wear this string as a reminder to thank God for the people on your short list every time you see it. And if someone asks you what the string is for, be sure and tell Him too.

**Know** that God has given you your family and friends because He loves you.



Take time to  
celebrate what  
God has done.



252 HOME

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