



**First, watch
this week's
video!**

Gratitude:
Letting others
know you see
how they've
helped you

Memory Verse

Give thanks to
the Lord, because
he is good. His
faithful love
continues forever.
Psalm 136:1, NIV

Bible Story

The Story of the
Workers in the
Vineyard
Matthew 20:1-15

Bottom Line

Adjust your
attitude.

Use this guide to help your family learn how
God wants us to be grateful.

Activity

Just Imagine

WHAT YOU NEED:

No supplies needed

WHAT YOU DO:

Sit across from your child and tell them you're going to play a game together. Say, "We're both going to close our eyes and use our imaginations. Let's both imagine a cat. Then, we'll go back and forth and add a detail to the picture, using just our minds."

You may have to prompt your child by asking questions like:

- Where is the cat?
- Is the cat sitting or standing?
- What color is the cat?
- What color is the cat's collar?
- What's the cat doing?
- Does the cat have anything on?

Go back and forth with your eyes closed, creating a picture with your imaginations.

Once you're finished, choose another animal to imagine. If there's time, go through the same line of questions.



Talk About the Bible Story

It's amazing how creative and powerful our minds can be! We can also choose to change our minds—and our attitudes—when we're feeling ungrateful. With God's help, we can choose to have a thankful attitude instead. How could the workers in today's story have used the power of their minds in their situation? *(They could have adjusted their perspective and their attitudes; chosen to look at what they DID have instead of what others had)*

What words best describe someone who is full of gratitude? *(Happy, peaceful, content, easy)*

When the pandemic started this year, what could you still be grateful for—even though so many things were different?

What is a type of attitude that can get in the way of gratitude? *(Selfishness, impatience, pessimism)*

What should we focus on when we feel ungrateful?

Parent: Talk about your attitude during the pandemic. Talk about the times when it's been hard. Then, talk about the ways you tried to make the best of a bad situation.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, we trust that You are generous and kind, even when we go through something that is hard. God, help us remember all that we DO have. When we feel like things aren't fair, help us adjust our attitude and choose to be grateful to You. Amen!"

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



DAY 1

Read Ephesians 5:4

Have you ever gotten mad and said something you didn't mean? Maybe you called someone a name or said something really hurtful. Unkind words or ungrateful words come from an ungrateful heart. Thankful words come from a grateful heart. That means that we need to make sure we're constantly checking and adjusting our attitude (what we feel deep down in our hearts) to the proper gratitude setting.

Think of it like a dial that controls the volume level on your device. Instead of using ungrateful, unkind or foolish words, we need to adjust the volume and turn up the gratitude. This week, when you find yourself getting angry or frustrated and you want to say something you know is unkind, adjust your attitude and turn up the gratitude. In that moment, think of one thing you're thankful for. Stop yourself and, instead, give thanks. You might even need to ask God to help you clear out that anger or frustration so **you can be thankful instead.**

Adjust your attitude.

DAY 2

Read 1 Corinthians 15:57

Do you have a favorite sport? Whether it's football, basketball, soccer or swimming, the goal of any match or game is what? Victory! You want your team to win, right?

Let's pretend it's the fourth quarter and your favorite team is down by two touchdowns. What would happen if every player on your favorite team just decided to give up? They would lose, right? Winning teams know that it's not over until it's over. Keeping a positive attitude all the way until the last buzzer is super important.

Because Jesus died and rose again, He made a way for all who put their trust in Him to be a part of God's family, forever. With Jesus, we win! And that is why we should always have an attitude of gratitude. The next time you feel like giving up, remember to adjust your attitude and be grateful for what God has done.

Grab your "Gratitude List" for this month or start a new list today with paper and pencil. Under Week 4, write the word "GRATITUDE" along the side of that section in block letters. Next to each letter, write down something you're thankful for that starts with that letter. Spend some time asking **God to help you adjust your attitude toward gratitude.**

DAY 3

Read Acts 16:24-25

Have you heard this story before? Do you know what happened before Paul and Silas were thrown in jail? They were beaten. And yet Paul and Silas chose to pray and sing to God. While chained and probably in a ton of pain, they were grateful. Paul and Silas knew that God was with them, just as he was with Jesus when He suffered on the cross.

It's not easy but you can adjust your attitude to gratitude just like Paul and Silas. This week, when you find yourself about to complain about something, think of a way to turn it into a praise. Instead of focusing on what's wrong, look for something to be grateful for.

Here's an example: It's raining so you can't go outside for recess. *You can be thankful for free choice centers or the chance to play a game with friends in your classroom.*

Write your own example in the space below:

DAY 4

Read Colossians 4:2

According to today's verse, what should you give a lot of time and effort to?

Yep, prayer! When we talk to God, it reminds us that He is in control. God is good always and we can trust that His plans for us are good too. When we spend time talking to Him, when we are watchful and pay attention to all the good things He's given us, we can be sure to have an attitude of gratitude.

Fill in the missing words of today's verse—which can be found in the crossword puzzle below.

"_____ a lot of _____ and _____ to _____. _____ be _____ and _____." Colossians 4:2 (NIRV)

E	E	U	R	M	G	T	O	L
T	S	F	N	A	I	P	X	S
L	W	I	L	L	V	A	R	T
S	T	T	I	M	E	K	N	P
I	O	H	D	L	J	A	L	A
A	W	A	T	C	H	F	U	L
E	A	N	T	E	B	A	K	W
W	S	K	S	P	H	I	K	A
E	F	F	O	R	T	X	R	Y
V	U	U	T	A	L	L	Z	S
S	A	L	S	Y	D	T	A	I
L	L	U	B	E	U	G	O	S
W	F	W	A	R	G	K	A	R