

Shout Out: Let 'em Know You're Thankful

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



**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

Lord's Supper /
Last Supper
1 Corinthians 11:23-26,
Exodus 12

Bottom Line

Get in the habit of
being grateful.

Activity

Habit Charades

WHAT YOU NEED:

Index cards (or ¼ sheets of paper),
writing utensil

WHAT YOU DO:

Say, "Let's play a game. There are four
Ask your child about what it means
to have a habit. Then, ask them what
some good habits are (brushing your
teeth, eating healthy, praying at
bedtime). Write each habit you come
up with on a card.

Do the same with bad habits (biting
your nails, talking with your mouth
full, interrupting, running indoors,
standing on couches or chairs). Write
each of those habits on a card.

When you've got around 10 cards
total, shuffle them together. Then
play charades! Involve everyone at
home, if possible. Take turns drawing
a card from the pile and silently
acting out each habit while everyone
else guesses what it is.



Talk About the Bible Story

What happened during the first Passover? (*God saved His people from the last plague in Egypt by passing over the houses of the people who had lamb's blood painted on their doorframes.*)

Why did people continue to celebrate Passover? (*to remember that God rescued them from slavery*)

What are some of the things that were part of the Passover celebration? (*People ate a meal with lamb and flat bread.*)

Who celebrates communion, or the Lord's Supper? (*people who follow Jesus*)

A good follow-up question is: What makes someone a Jesus-follower? (*They believe that Jesus is their Savior and choose to follow Him.*)

Why do followers of Jesus celebrate communion, or the Lord's Supper? (*to remember that Jesus rescued us by dying on a cross for our sins*)

Prayer

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

"Dear God, when You sent us Jesus, You gave us the one thing we can always be grateful for every day. Even on our worst days, we can be thankful because we know You are watching over us and Your plans are always good. Help us to remember what You've done for us, and to thank You often. In Jesus' name, amen."

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

WEEK
5
K-5TH

DAY 1

Read Hebrews 12:28

Have you ever watched the sunset and thought, "WOW!"? Or caught sight of a colorful rainbow or stopped to watch a crazy looking bug move along the ground? If we really pay attention, there are wonders all around us. Who's responsible for all of that? God!

Maybe in those moments you were too caught up to stop and say, "Thanks, God." But that's exactly what we should do! It's not enough just to notice. We need to go one step further and get in the habit of being grateful by actually saying thank you to God for all His amazing works.

To help you start this habit of being grateful, look for one awe inspiring moment today. It could be the sound of a baby laughing or a big fat leaf carried across the ground by the wind. **Stop and notice and then say, "Thanks, God."** When you get in the habit of saying "thank you" to God, you worship Him with deep respect and wonder.

Get in the habit of being grateful.

DAY 2

Read Colossians 3:17

Sometimes gratitude is hard. When you're feeling grumpy, tired, hungry, or maybe all three; being thankful can sometimes be the very last thing on your mind. That's why sometimes we need to treat gratitude like a habit. Just like you don't always feel like brushing your teeth or running another lap in PE or finishing that reading log, sometimes you just have to push through and do it. Sometimes just getting yourself in the habit of saying thank you can help.

This week, when you find yourself doing the opposite of being grateful, remember the first part of this verse. Think about doing everything in the name of Jesus. Remember all that He's done for you and ask Him to help you show gratitude even when it's the last thing you feel like doing.

Grab your "Gratitude List" and read back over everything you've written this month or start a fresh list today. Under Week 5, write down one big thing you want to thank God for. Try to name something that isn't a thing you own (like your bike or your Xbox) but something God has given you (like your family, your faith, Jesus, etc.) **Spend some time saying thank you to God for all the things on your "Grateful List" this**

DAY 3

Read Philippians 1:3

On a scale of 1 to 10, 1 being low gratitude and 10 being high, how grateful are you? _____

Now ask someone in your family the following question about you: “On a scale of 1 to 10, how grateful would you say I am? _____

Do the numbers line up? Is one higher than the other? Why?

It doesn't really matter if we feel grateful. What matters is that others know we're grateful. After all, gratitude is letting others know you see how they've helped you.

That's what Paul did right at the beginning of his letter to the Philippians, saying, “Every time I remember you, I tell God, ‘Thank you!’” If those first followers of Jesus had been asked to rate Paul's gratitude on a scale of 1 to 10, do you think they'd have given him a 10? Probably!

If your gratitude score is low, ask God to help you show just how thankful you are with your words and actions over the next few days. **Build the habit of being grateful so that you don't just feel it but you show it.**

FUN FACT: Paul showed gratitude in most of his New Testament letters. (See: Romans 1:8; 1 Corinthians 1:4; Ephesians 1:15-16; Colossians 1:3; 1 Thessalonians 1:2; 2 Timothy 1:3; Philemon 1:4)

DAY 4

Read Luke 22:19

Does your family pray before a meal? Did you know that Jesus did this? When He fed the crowd with just five loaves and two fish, He looked up to heaven and thanked God before He broke the bread. And on this night, the last meal He would share with His friends, He broke bread again, and gave thanks to God knowing that very soon His own body would be broken for you.

Praying before you eat is an opportunity to pause and remember that everything, including the food on your table, comes from God. Bowing our heads to talk to God before we dig in is a habit to help us practice gratitude.

For the next week, ask your family to join you for a gratitude prayer challenge. Ask the oldest member of your family to lead the prayer first and to thank God for at least three things as they pray. Take turns, allowing each family member to lead the prayer at each meal, **always thanking God** for at least three things!