

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Horizontal lines for journaling.



Name

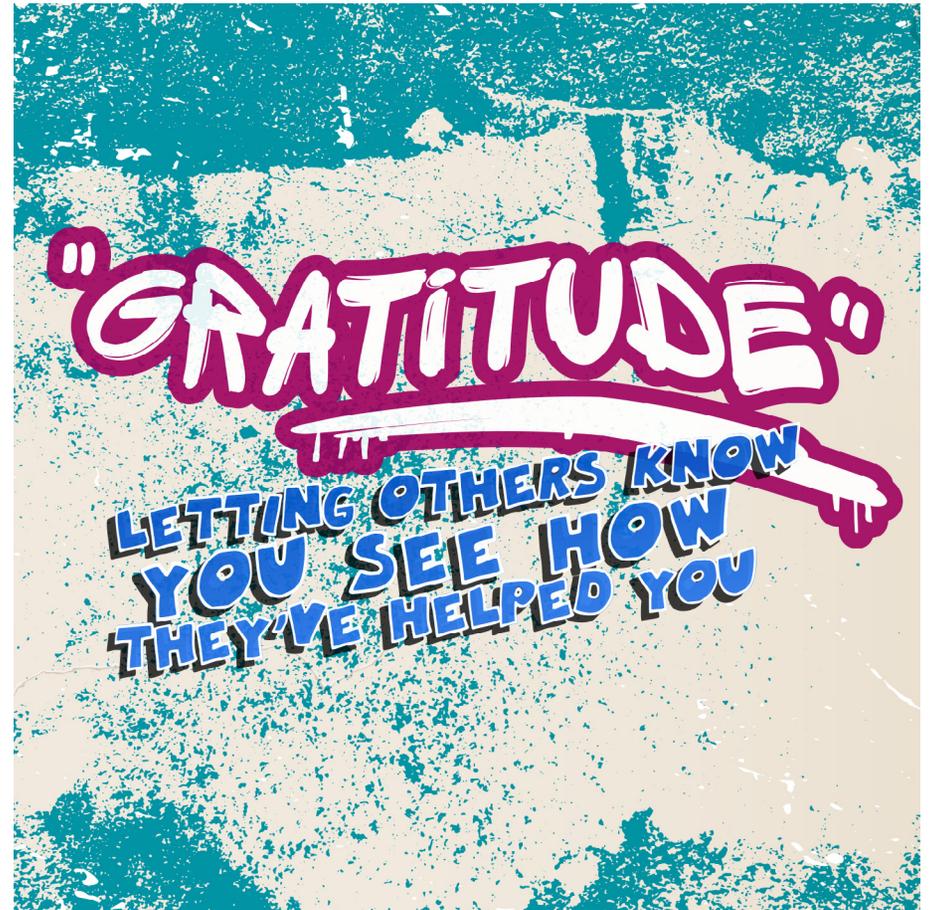
Parent Signature

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Preteen



Week 1



Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show.

➡ Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

1. You liked: _____

2. You learned: _____

3. You'd like to know: _____



Day 2

Read 1 Thessalonians 5:18

Read 1 Thessalonians 5:18 out loud. When you say “give thanks” and “God wants you to thank Him,” do the following sign from American Sign Language, which means to thank God.

Search how to sign this:

<https://www.signingsavvy.com/sign/THANKS/7585/1>

It’s not a coincidence that the sign has you moving your hands upward, as though to God, because in American Sign Language, you move your hands in the direction of the person you’re thanking. Every time you notice something great today, make the sign as a remembrance that you’re thanking God. You always have something to be grateful for!



Day 3

Hopefully when you talk to God, you include some time for gratitude.

Hopefully when you talk to God, you include some time for gratitude. But today, pray a prayer that’s only gratitude. Start out by writing at least three things below that you are thankful for.

Now take some time to thank Him for the good things He is doing in your life and all the gifts He’s given you, making sure to mention the things you’ve written above. Be specific in your prayer, telling God exactly why you’re thankful for those things!

Day 4

Gratitude is contagious, so today, find a friend or family member with whom you can share the list you made yesterday.

Just as you did when you prayed, get specific, sharing exactly why you’re thankful for the things on your list.

Ask a friend what they are thankful for, and if they struggle to come up with some things, help them see some of the gifts and blessings in their own life. Share 1 Thessalonians 5:18 with them, reminding them that we should give thanks no matter what happens!



Day 5

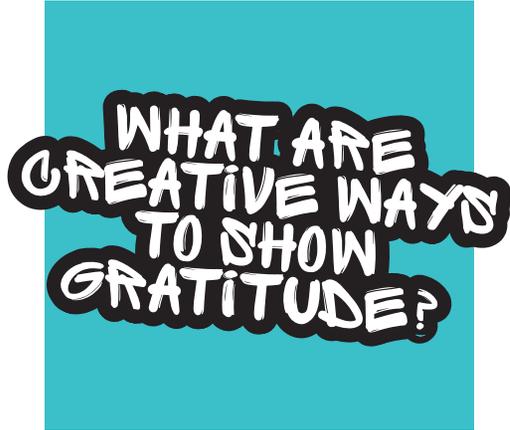
Look around your house for a notebook or journal (be sure and ask if it’s not yours!).

If you can’t find one, grab some blank sheets of paper and find a way to bind them (paper clip, staple, tape, etc.)

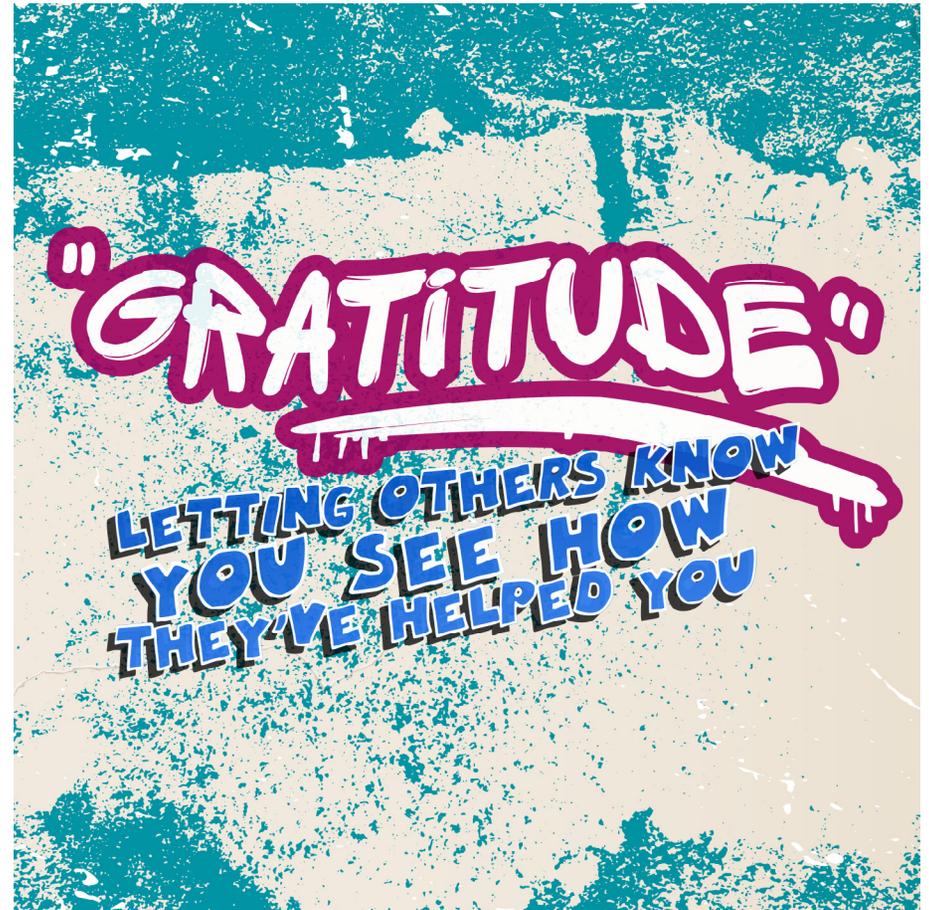
On the front of your journal (or the first page, if you can’t write on the cover), write the words GRATITUDE JOURNAL. Use your creativity to decorate and personalize your journal.

Go back and look at what you wrote on Day 3 of your GodTime card. You wrote three things you’re thankful for, but you likely have far more than three things to thank God for! For the next month, try to write 1-2 things in your gratitude journal every single day that you’re thankful for. And don’t stop there . . . aim for a lifetime of gratitude journaling because you always have something to be grateful for.

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Day 2

Read 2 Samuel 6:12-21

As you read 2 Samuel 6:12-21, circle all of the words and phrases that have to do with celebration and gratitude.

Look at the words you've underlined. You should see words like joy, danced, and leaping. Maybe you underlined the sentence about David giving away bread and raisin cakes. Even the part about David making sacrifices should be underlined! That might seem strange to us today, but during David's lifetime, people made sacrifices to God for several reasons, and one of them was to worship, praise, and thank God. We don't do those kinds of sacrifices today, but we can look for other creative ways to celebrate what God has done.

Go back and circle the words and phrases that are ways you might be able to celebrate God. Pick one today that you haven't done before and celebrate God in a creative way!



Day 3

Sometimes you might pray sitting in a chair, standing in a circle with friends, or even kneeling by your bed. But you can pray anytime, anywhere, doing anything.

Today, take a few minutes to celebrate God for what He has done. Write 3-5 things here that God has done either in your life or the world around you.

Thank God out loud for each thing you wrote down. After each thing you thank Him for, do something physical to celebrate. You can clap, jump up and down, raise your hands in the air, or even dab. You may feel a little silly, but remember it's just you and God, and David danced in front of a crowd!

Day 4

Yesterday you showed gratitude to God by telling Him all the things you were thankful for that He has done.

Today, celebrate Him by telling others some of the things He has done.

Pick at least one of the ideas below to tell others some of the great things God has done!

- ➔ When you bless your meal as a family at dinner, thank God out loud for all the ways He has provided for your family.
- ➔ Tell a friend how thankful you are that God brought you into each other's lives.
- ➔ Write a poem or song or prayer of gratitude and share it with others.



Day 5

This week you've thought a lot about ways you can show gratitude to God.

Create an acrostic poem to remind yourself of some of the ways you can show gratitude to God. You can use whatever word you'd like, such as celebrate, thankful, gratitude, etc. (Note: the poem doesn't have to use the first letter of each line; see the examples below.)

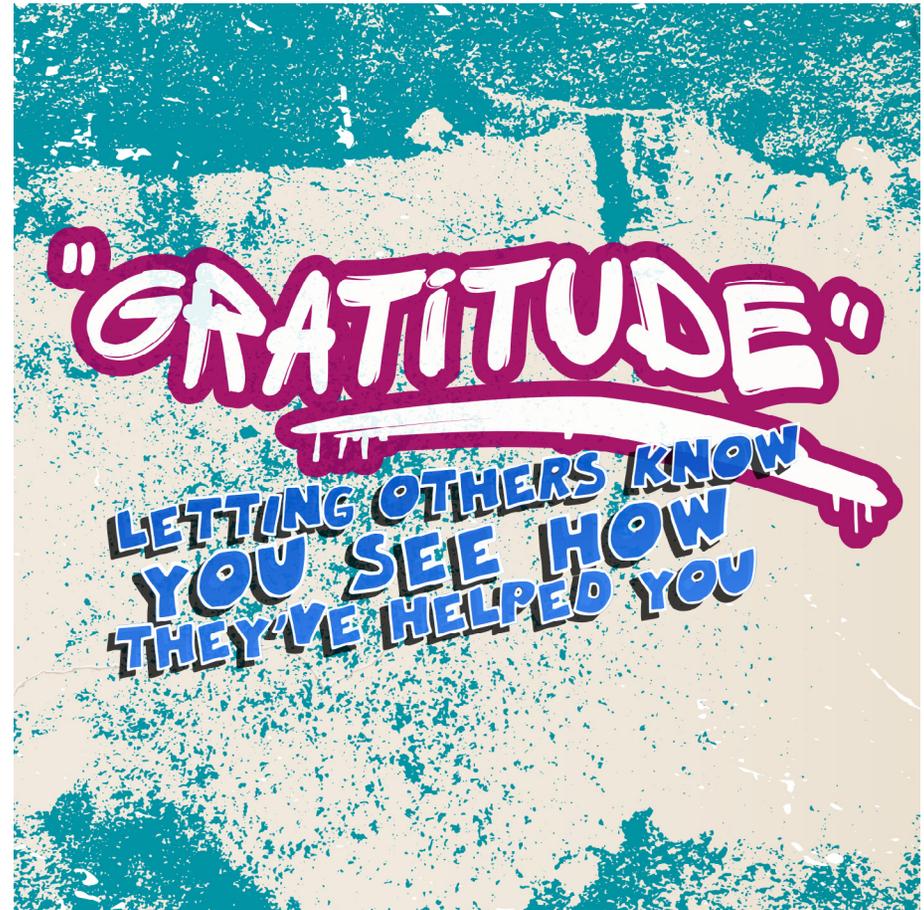
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E
 Tell others what God has done
E
B
 WorShip
A
T
 BlEss food at meals

Hang your poem somewhere you will see it every day, and pick one creative way to show gratitude to God!

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Day 2

Read Luke 17:11-19

In Luke 17, Jesus heals 10 men who are very sick with a skin disease. This disease would have not only impacted their health, but their families, their jobs, everything in their lives. You would think that being instantly healed from such a terrible disease, their first instinct would have been to go back and thank the One who healed them.

But only one man did. One man out of 10.

In fact, this man took four steps to thank Jesus. Read verses 15 and 16 and write out the four things he did.

- 1.
- 2.
- 3.
- 4.

We can learn something really important from the one man's responses: Say thank you.



Day 3

1 Thessalonians 5:18, the memory verse this month says:

Give thanks no matter what happens. God wants you to thank him because you believe in Christ Jesus. (NirV) But back up a verse and read verse 17 too: "Never stop praying."

It's fitting that those two verses are right next to each other, because praying is one of the best ways we can give thanks! We can thank God in our prayers for the things He has done. We can thank God for others in our prayers. We can thank God simply for making us and loving us.

Pray a prayer of thankfulness now—thanking God for who He is and what He's done, and expressing thankfulness for the people He has put in your life. Try to have every sentence in your prayer to start out with the words, "Thank You." Even if you have specific needs to pray about, start out that sentence by thanking God. (Like, thank You, God, for giving me a loving grandma, and please heal her quickly.)

Never stop praying, and give thanks no matter what happens.

Day 4

On day two, you wrote out the four things the man did to thank Jesus for healing him.

It should have looked something like this:

1. He stopped what he was doing and came back to Jesus.
2. He praised God in a loud voice.
3. He threw himself at Jesus' feet.
4. He thanked Jesus.

If we interpret this for our lives, we need to:

1. Take the time to thank others.
2. Thank God for what He has done.
3. Humble ourselves to see what others have done for us.
4. Simply, thank others.

Today, set a timer for morning, afternoon and evening. When your timer goes off, stop what you are doing and thank God for something He has done. Then, think about what others have done for you as well, and before you resume whatever you were doing, take a minute to thank them. You can call them, write a thank you note or email, shoot a text . . . the method doesn't matter, but make sure you take time to thank God and others today!



Day 5

We don't know exactly why the other nine men didn't stop, go back and thank Jesus.

We assume they were overjoyed to be healed, and if you were to interview the men, they probably would say they were very thankful to Jesus. So why didn't they say it?

Most likely? They simply forgot. They were probably so anxious to get to the priest and be declared healthy and able to return to their families, their work, and their lives, that it just didn't occur to them to turn back and say thank you.

How many times do you think you are like the nine? During times like Thanksgiving, or Mother's or Father's Day, we might take time out to think about how thankful we are for the people in our lives, and the blessings God has given us. But during our daily lives, sometimes we simply are too busy and too caught up in our own plans and activities to take the time to say thank you.

Get a pen or marker and write these letters/numbers on each of your fingers.

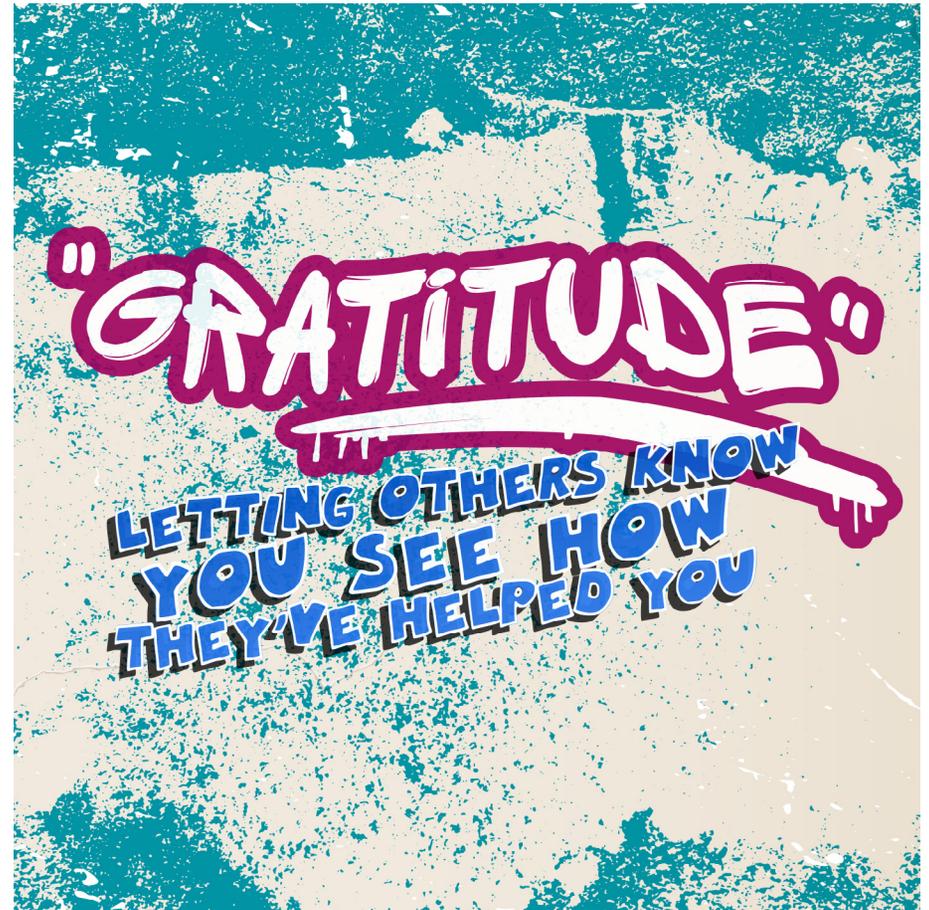
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Every time you look at your hand today, remember the goal to "be the one." The one who takes time to say thank you. The one who stops what you're doing to recognize what others have done for you. The one who remembers to show gratitude. Be the one.

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Handwriting lines for journaling.



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Day 2

Read Matthew 20:1-15

As you read Matthew 20:1-15, fill in the clock faces below with each time the owner went out to recruit workers. (Note: for the first clock, you can use 7 am.)



Circle the clock that you think represents the workers most deserving of the full pay.

Now circle the clock that you think represents the workers who should be the most grateful.

Trick question! While it might seem the workers who worked the least amount of time should be the most grateful for the pay, the truth is, the owner paid even the longest working workers a fair wage. Instead of being grateful for the paycheck, the workers who worked the longest had a bad attitude—what a waste of a good payday!



Day 3

If you were to explain the story in Matthew 20 to others, probably almost everyone would sympathize with the early workers.

It's not easy to see others getting as much or more than you if you feel you worked harder or longer. That's why you need help adjusting your attitude.

Think about a situation that made you grumpy recently. Maybe you did some of your brother's chores, and your mom gave you both a reward. Maybe you won the geography bee for your team, but your school celebrated the whole team.

The first step to adjusting your attitude is to recognize that you're not being grateful. Tell God about the situation and explain why it made you grumpy.

Then flip the situation upside down. Think about the things you have to be grateful for . . . like the reward of a late bedtime to watch a movie, or the fun time you had at the class party your school threw for the bee winners. As you thank God for the positives, drop your arms and turn your palms upward to say thank you. As you physically change your posture, ask God to change your attitude as well.

Day 4

Sometimes we don't even realize our attitudes need adjusting.

We might be caught in a negative mindset so we can't see how our attitudes are affecting our outlook, stealing our gratitude and impacting those around us too. No one likes to be around someone who's negative and complaining about things all the time, but sometimes, we don't realize that we've become that kind of person.

Today, do the hard work of finding out how others see you. Are you the kind of person who is always complaining, or do you often express gratitude for the blessings in your life?

Make a list of three people who you know love you and will be honest with you. They should be people you trust, who want the best for you.

Now go to each of those people and ask them to be honest with you: do you need to adjust your attitude? Or do you live a life of gratitude? If you find out you have some work to do (hint: we all do), don't worry: we've got a plan for that tomorrow!



Day 5

Adjusting your attitude takes practice.

It's easy to complain and be negative, but it takes lots of work and practice to focus on the positive. The first step is to ask God for help, but after that, it can also help to recruit others around you.

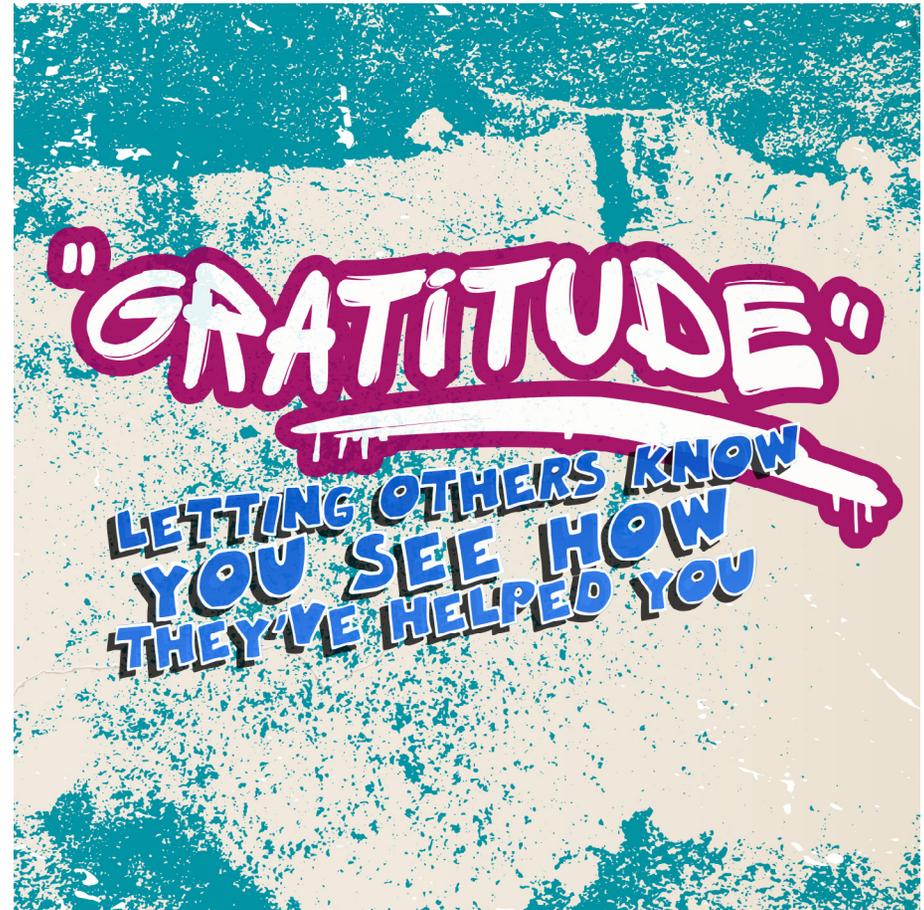
Form a Gratitude Task Force. Find at least 2-3 other people—a sibling, a parent, a friend and ask them for help. Commit together to adjust your attitudes: every time you catch each other saying something negative or complaining, shout, "GTF!" When someone shouts that, whoever complained must name three things they're thankful for.

Keep the GTF going for at least a week or two, until you feel yourself becoming more aware of the times when you need to adjust your attitude. And when you find your attitude becoming negative, focus on the things you have to be grateful for!

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Day 2

Read 1 Corinthians 11:23-26

In Exodus 12, you can read all of the details of the Passover meal. This was the meal that God commanded His people to eat in remembrance and gratitude for being freed from slavery by the Egyptians.

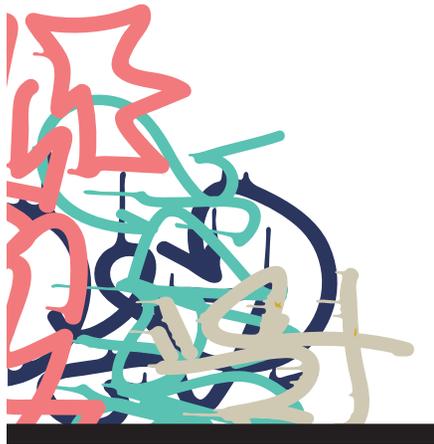
Then, in 1 Corinthians 11, we read about Jesus celebrating the Passover with His disciples the night before He was arrested. During that special meal we call the Last or Lord's Supper, Jesus gave His disciples a new command: to take the Lord's Supper in remembrance of His death for our salvation.

What does Jesus say these specific parts of the Last Supper represent?

The broken bread: _____

The cup/drink: _____

These meals may seem a little ceremonial and intimidating if you've never participated in one, but they serve a simple but very important purpose: to remind us of what God has done, and to call us to remember with gratitude.



Day 3

Is your family in the habit of praying at meal time? What about bed time, or when you wake up in the morning?

One of the best ways you can get in the habit of being grateful is to build times into the routine of your day when you are taking time to thank God. Try following this simple schedule today (or adjusting it to fit your personal schedule better):

When you wake up: Thank God for something you're looking forward to.

When you eat your meals: Thank God for your food, and for anyone who helped prepare the meal.

When you go to bed: Thank God for something that happened during the day.

When you build a routine of gratitude prayers, soon you will find it's a habit that brings joy and positivity into your day!

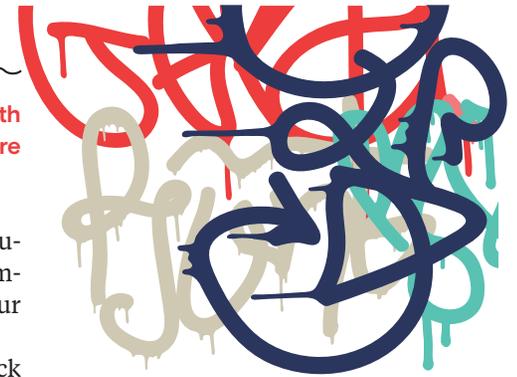
Day 4

It wasn't just a coincidence that both the Passover and the Last Supper were communal events.

God wants us to be grateful as individuals, but He also created us to live in commune with each other, and to live out our gratitude with others.

Invite a friend to share a meal or snack with you today, and as you eat, share with each other some of the things you are grateful for. (And don't forget to thank God for your food before you eat too!)

Reflect back on the month of gratitude. How has your outlook on life changed since you started making gratitude a habit? What new habits have you developed this month that you want to keep going forward?



Day 5

How are things going with your Gratitude Journal from Week 1? Are you keeping up with it?

If you are, awesome! You are well on your way to forming a habit of being grateful. Keep it up, and maybe even consider writing three things each day. It's okay if you have some repeats—some things are so awesome that you will want to celebrate them often! But try to think of new things too. They don't have to be "big" things either. Sometimes you might be thankful for your house, your family, and sometimes it might be chocolate or your favorite video game!

If you haven't been keeping up with it, try to figure out why. What are some other things you're in the habit of doing? Maybe thinking about why you're good at completing those tasks will help you figure out how to create this habit. Does a particular time of day work better for you? Perhaps you need to stick the journal somewhere you'll see it when you first wake up, or as you're about to go to sleep at night? It doesn't matter when or where you take time to be grateful, just that you get in the habit of being grateful!