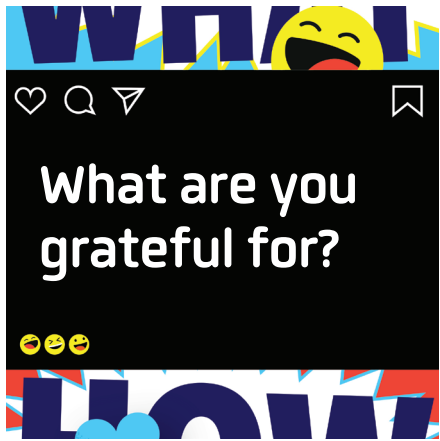


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



A series of horizontal dotted lines for journaling.



Day 1

After watching, write one thing that:

Watch this week's episode of The So & So Show by going to: https://bit.ly/PreteenSundaysatHome

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



1. You liked:

2. You learned:

3. You'd like to know:

## Day 2

---

### Read 1 Thessalonians 5:18

As you read 1 Thessalonians 5:18, look up the words and phrases in American Sign Language. Pro tip: If you search the phrases as they're grouped below and add "in ASL" to the end of the phrase, you should find illustrations or videos of how to say it (or something close).

- Give thanks
- No matter what happens
- God
- wants
- you
- to thank
- him (God)
- because
- you
- believe in
- Christ Jesus.

~~~~~

Take notes to help you remember what the signs are, and then try putting it all together. Say the verse out loud while you sign it and practice several times until you have it down. Each day this week, practice signing. Use this verse to remind you that **you always have something to be grateful for.**

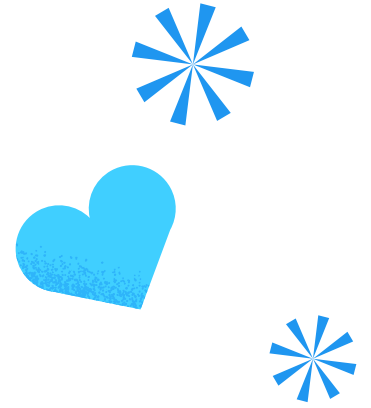


## Day 4

---

### Did you know that the signs you learned earlier this week are actually part of a real language?

American Sign Language is the main language spoken by the Deaf community in most of North America. Today, share 1 Thessalonians 5:18 with someone using the ASL signs you learned. Then repeat the verse in English and take turns sharing something that you're thankful for.



## Day 3

---

### So often our prayers involve asking God for something.

But it's important to remember that **you always have something to be grateful for**, even when you have things you need help with. If you start and end your prayer with something you're thankful for, it can help you live out gratitude.

Start by filling in the blanks below and then read the prayer out loud.

~~~~~

**Dear God,** You are amazing. Thank You for \_\_\_\_\_. Please help me/be with \_\_\_\_\_.

And thank You for \_\_\_\_\_.

\_\_\_\_\_ . In Jesus' Name, we pray. **Amen.**

## Day 5

---

### Have you ever kept a gratitude journal?

It's a great way to focus your heart and mind on all that you have to be thankful for. If you have a gratitude journal already, grab it. If you don't, any blank journal will work. You could also make one of your own by folding several pages of paper in half and stapling them in the middle.

**What are you grateful for?** For the next week, take time each day to think of something you're grateful for and write it down in the journal. Hold on to the journal to use all month.