



Use this guide to help your family learn about gratitude.

First, watch this week's video at [kidscity.org](https://www.kidscity.org)

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."
Proverbs 10:9, NIV

Bible Story

Give Thanks
No Matter
What Happens
1 Thessalonians 5:18

Key Question

What are you grateful for?

Activity

Then What?

What You Need:

No supplies needed

What You Do:

Invite your child to play a game. Say, "Let's create a story together. I'll say something to get us started, then you add what happened next. Then I'll add to whatever you've said, and so on. We'll keep going back and forth until we've created an entire story!"

Story starter ideas:

"We started on our trip to (name a place), but sadly . . ."

"There once was a kid who could only walk backwards."

"I once had the strangest dream."

Create the story by alternating sentences or phrases with your child. If at all possible, end the story on a happy note.

When you're finished, say, "Just like the story we just created, sometimes life takes twists and turns that we don't expect. But there's always something we can be grateful for."

Talk About the Bible Story

Open the Bible together and read 1 Thessalonians 5:18.

What did Paul say to do "no matter what happens"? (*Give thanks*)

Do you think we can be grateful even when we don't feel happy? Explain why or why not.

What's the best way to change an ungrateful attitude to a grateful one?

What did Paul say is a reason that we can ALWAYS be grateful? (*Because we believe in Jesus; we know that God is with us*)

Parent: Share about a time when you were able to be grateful even when things were hard.



Prayer

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

"Dear God, we need Your help because gratitude doesn't come easy to us—especially when we're having a bad day. Remind us that Your plans are always good. Help us guard our gratitude instead of complaining about what isn't going our way. Help us choose to be grateful for all that is good. We love You, and we pray these things in Jesus' name. Amen."

Shout Out: Who've you thanked today?



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Bible Story

Jesus Heals Ten Men
Luke 17:11-19

Key Question

What helps you remember to be grateful?

Activity

All Thumbs

What You Need:

Tape, and items that are difficult to pick up (coins, paper clips, a sheet of paper, etc.)

What You Do:

Place the difficult-to-pick-up items on a flat surface. Then invite your child to do an activity with you.

Wrap the tape around your child's hands so that they're not able to use their thumbs. Then challenge them to try to pick up the items.

You could also challenge them to do simple tasks like write down their name, shake someone's hand, wad up a sheet of paper, or fold a paper airplane.

When you're finished, unwrap your child's hands. Say, "Sometimes we take simple things for granted, like the use of our thumbs. I bet those simple tasks felt a lot less simple when your thumbs were taped up! In our story today, we heard about some men who were going through life with a challenge . . . but then Jesus changed everything!"

Talk About the Bible Story

What did Jesus do for the 10 men? (*He healed them of their skin disease.*)

How did the one man respond to what Jesus did for him? (*He came back to say thank You.*)

Why do you think the other nine men forgot to thank Jesus?

Why is it important for us to take time to thank the people who have helped us?

Who do you need to take the time to thank this week? What will help you remember to do that?

Parent: Share about a time when someone thanked you for something you did—maybe something you didn't think anyone noticed! How did it make you feel to be thanked?



Prayer

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

"Dear God, we are thankful for all You do for us, and for the people You've put in our lives. Help us remember to show our gratitude by saying thank you to the people who help us, love us, and care for us. Give us grateful hearts so that we remember to take time to say thank you. Help us show our love for You and for others with grateful words and actions. We pray these things in Jesus' name. Amen."



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Bible Story

The Lord's Supper/
Passover
1 Corinthians 11:23-26;
Exodus 12

Key Question

What are some good habits you have?

Activity

Tongue Twisters

What You Need:

No supplies needed

What You Do:

Invite your child to play a game. Show them the following tongue twisters, and challenge them to say each one five times as quickly as they can:

- Thanks, Frank
- Worldwide words
- Surely share
- Frank's thanks sank
- Praise raised for days
- Great grape gratitude
- Share everywhere
- Unique New York
- Seventy-seven benevolent elephants
- Six sticky skeletons

When you're finished, say, "Tongue twisters are fun because they're easy to remember—even if they're NOT easy to say! In our story today, we heard about some amazing habits that help us remember to be grateful to God."

Talk About the Bible Story

What do people celebrate at Passover? (*The way God rescued the Israelites from being enslaved in Egypt; it was a habit of gratitude*)

What was the Last Supper? (*The last meal Jesus and His disciples shared together before He gave His life on the cross*)

At this special meal, why did Jesus ask His disciples to eat the bread and drink from the cup? (*He wanted them to remember what He was about to do for them on the cross. He set up communion as a habit of gratitude.*)

What habits do we celebrate today that help us remember what Jesus has done for us? (*Explain how your church celebrates communion, and how it's connected to what Jesus did at the Last Supper.*)

Parent: Share about your experience celebrating communion, and how you grew to understand what it meant over the years.

Prayer

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

"Dear God, we are so thankful for all that You've done for us. Help us to get in the habit of being grateful—to You, and to the people we see each day. We are full of gratitude because we know that Your plans are always good. Thank You for setting up communion as a habit that helps us celebrate what Jesus did for us. We love You! Amen."