

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



DAY 1

Read 1 Thessalonians 5:18

Have you ever had a really bad day? A day where nothing seemed to go your way? We've all had days like that. But that doesn't mean we get a pass on gratitude. That's what this month is all about. Gratitude is letting others know you see how they've helped you.

Our verse today reminds us that you ALWAYS have something to be grateful for.

Ask your mom or dad for some duct tape or masking tape. Tear off a piece about six to eight inches long and fold it so the sticky sides are together. Write the words, *Give thanks no matter what*. Then fit it around your wrist to create a bracelet. **Every time you look at your bracelet this week, remember you always have something to be grateful for.**

DAY 2

Read 1 Chronicles 16:34

We always have something to be grateful for because God's love for us never changes. And it never ends. He is always good. He always loves. You can count on God to love you no matter what.

Right now, start a "Gratitude List" for the month. Grab a piece of paper and fold it or divide it into fifths. Write weekly headings for each section. (ex. Week 1) Inside the Week 1 section at the top, write down five things or draw five simple pictures of things you are grateful for. **Keep your page with your Bible so you can add to it each week.**

Choose gratitude over grumbling.

DAY 3

Read Colossians 3:15

Have you ever found a toy in your home that you forgot about? Maybe it became new all over again? Or you decided it was time to get rid of? When the “newness” wears off from a toy it’s easy to forget about how thankful you were when you first got it.

Dig to the bottom of your toy bin or the back of that closet. Pull out five things and spend some time being grateful for each one. Try to remember when you received it and who gave it to you. And if it’s something you’ve outgrown, consider donating it to someone that will use and enjoy it.

Spend some time asking God to help you focus on being grateful.

DAY 4

Read 2 Corinthians 4:14-15

There is some really good news in today’s verse. Because Jesus chose to die on the cross for all the wrong things we’ve done and because God raised Him back to life, when we trust Him, we are forgiven. Once you trust Jesus as your savior, you are His, always. Nothing can separate you from Him. Even when you mess up. Even when you face hard things. Even when it feels like the worst day ever.

Jesus loves you. He proved just how much when He faced the cross for you. So, one thing you can do in response is to be grateful. Because of what Jesus has done for you, you always have something to be grateful for.

To help you practice gratitude, write the words “Thank You, Jesus, for . . .” on a sticky note and stick it on your bathroom mirror. Every time you wash your hands or brush your teeth, read those words and fill in the blank as a way to say, “**Thank you.**”