

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



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.

**Remember what
Jesus has done.**

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 month.**

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!