



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

### DAY 1

#### Read Psalm 92:4, NIV

When someone does something nice for you, it's easy to look them in the eye and say, "thank you." But what about someone you can't see? Do you remember to thank God for being so good to you? Gratitude starts with God. God loves you so much and cares for you every single day.



#### Thankfulness Jar

Once you get started, it's not that hard to think of a whole lot of things to thank God for. Make a thankfulness jar if you didn't make one last week and write down three things God has done that you're thankful for. Then tell God thanks as you celebrate those things.

### DAY 2

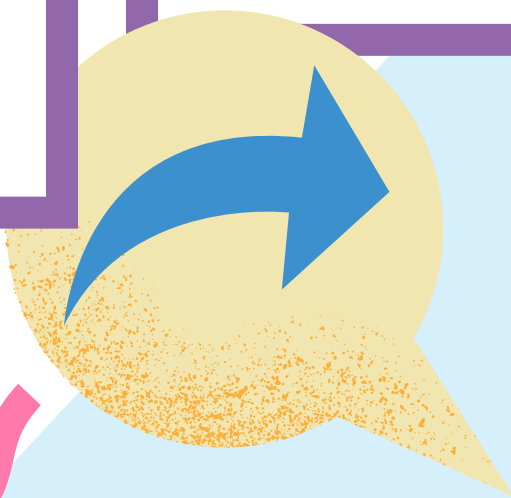
#### Read Psalm 100:5, NIV

We all face stuff that makes us sad or isn't so awesome. But remember even when bad stuff comes our way, God is still good. God's love stays the same. And God is ALWAYS with us. What a huge reason to be grateful!



#### Prayer of Thanks

Write a prayer to God, explaining the not so awesome thing that happened this week. Ask God to help you see how you can make it better. Then thank God for loving you and for being with you no matter what happens.





### DAY 3

#### Read Psalm 118:24, NIV

Is there anything you are worried about today? Remember, "The Lord has done it on this day." That means that we don't have to worry because God is with us. We may not like all the things that happen to us, but we can be sure that God is with us through all of it. We can trust God no matter what. And God will be with us to help us face whatever might come our way.

Head to your thankfulness jar and write down three new things you're thankful for. If you can think of more than three, add those too! Be thankful that God is always with you, even on a bad day.

### DAY 4

#### Read Ecclesiastes 6:9, NIV

Have you ever tried to chase the wind in your hands? Impossible right? You know what makes gratitude almost impossible? Comparison. It's as silly as chasing the wind. That's because looking at what other people have versus what you have is pretty pointless. It's better to be satisfied and grateful for what you do have, rather than wanting more or comparing it to others. God promises to provide for all your needs. When you live a life of gratitude, you don't have to waste your time looking at what other people have.



#### Get Outside

Go for a walk with your family. Talk about all the amazing things God has made - feel the wind on your face or take the time to point to specific things you see. Ask God to help you stop and say "thank you" this week so you don't fall into the comparison trap!



**Celebrate what  
God has done.**