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

WEEK 3
K-5TH

DAY 1

Read Philippians 4:6

Have you ever heard the phrase "mind your manners?" Here are some manners you've probably learned by now:

Say, "Please!" and "Thank you."
Say "Excuse me."
Don't interrupt when someone else is talking.
Wait your turn.

Manners are important because they show others they are important to us! When we choose to mind our manners, we remind ourselves to be focused on others, not just on what we want.

This week, look for opportunities to say "thank you." Find the littlest things and say, "thank you." Ask God to help you "mind your manners" and show gratitude.

DAY 2

Read Luke 17:15-16

In this story, there were ten men with this terribly painful skin disease called leprosy. Lepers (people with leprosy) had to leave their family behind and live with others lepers. It would be like heading into quarantine but with a bunch of strangers who were sick too.

One day, ten lepers met Jesus and He healed them! Quarantine was officially over. Nine of them headed straight home, happy to get back to life as usual. But one leper returned. Why? To say, "thank you." It's not that the other nine weren't grateful. But only one took the time to go back and actually say it.

Are you more like the nine who forgot to show gratitude or more like the one who took the time to go back and say thanks?

Grab your "Gratitude List" for this month or start a new list today. Under Week 3, write down three people who have done something to help you in the last few days. Have you said, thank you, to them? If not, take the time this week to go back to the three people on your list and say thank you!

Say thank you.

DAY 3

Read Ephesians 5:20

What if for just 30 minutes, you tried to say "thank you" to everyone you could? That includes anyone who helps you, anyone who says something kind, or anyone who puts you first. Thirty minutes probably wouldn't be all that hard for you.

Do you think you could do the same thing with God? There is a lot of stuff you can thank God for.

Grab a piece of paper and set a timer for two minutes. During those two minutes, write down everything you want to thank God for!

To make this even more fun, ask another family member to take the same challenge and then compare your lists when the two minutes is up.

Read through this list as a thank you prayer to God. Remember, when it comes to saying thank you, God should always be at the top of our list!

DAY 4

Read Psalm 103:1–2

Do you know why saying thank you is so important? It isn't enough to simply feel grateful. Gratitude is letting others know you see how they've helped you. It's speaking up and saying it out loud.

This is true when it comes to how we talk to God too. When we say thank you to God in prayer, we remember who He is (the God of all creation who made us and loves us) and all He's done (the one who sent His only son Jesus, so that we could be a part of his family forever). God wants us to talk to Him in prayer, to tell Him what we're worried about and to ask for His help. But we should always start by saying thank you. Gratitude reminds us who we're talking to and helps us show honor and worth to our heavenly Father.

When do you talk to God? As you pray this week, try to spend more time, saying "thank you" than "please help" or "I want." If you do, deep down (as our verse reminds us) you'll be praising God in the way that He deserves.