

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

Read: 1 Chronicles 16:34

DAY

1

## Time to Say Thank You

Set a timer for one minute. During that time, say or write a list of people that you are thankful for. Set the timer for another minute and list all the things you are thankful for. Ask a friend or family member if they want to take turns with you!

**KNOW** that taking the time to say what you are thankful for goes a long way.

DAY

2

## Just A Note

Write a note or card to one of the people you listed yesterday. Thank them for what they have done for you! Ask your parent to help you deliver the card and tell them what you appreciate about them.

**ASK** God to help you to remember to thank others.

DAY

3

## God Is Good

In 1 Chronicles 16:34 we can read part of a poem that reminds people to thank God for always being there for us. Read the verse and think about why you are thankful to God.

**THANK** God for always being there for you.

DAY

4

## Thank You

Looking back at the people and things that you were thankful for in the beginning of the week, thank God for all you have been given. Tell God some of the things you are most grateful for.

Here is a starter: *"Dear God, You have given me so much. Thank you for ..."*

**LOOK** for the people and things God put in your life.

Take time to  
say thank you.

