



TODAY'S TOPIC:

Gratitude

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

**THINKING JOB:** Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

*Is saying “thank you” a super power?*

**Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>• Large roll of paper</li> <li>• Markers</li> <li>• Pre-printed “thank you” tags</li> </ul>	<ul style="list-style-type: none"> <li>• Thank you tags</li> </ul>	Know that gratitude has a positive effect in our lives.

**ASK:** If I was to hold the door open for you, what might you say to me? What if I gave you a present? What if I passed you the mashed potatoes during dinner? Of course, you would say “thank you”.

**ASK:** These words - thank you, thankfulness, grateful, gratitude – what do they mean? Thankfulness is being grateful for what you have. Thankfulness is being glad for the special things which come along. It is an attitude of gratitude. Some people call this “counting your blessings”. We especially talk about this during Thanksgiving.

**ASK:** Have a conversation about Thanksgiving. Does anyone have any special traditions? Is there somewhere you go for dinner? Does family come to your house? Does family come for a long visit? What’s your favorite Thanksgiving food?

**SAY:** Thankfulness is conducive to bounty (having a lot). When you open your heart by giving thanks to the people around you, the stuff you have, and to God, you create more room for the flow of good things to come.

Thankfulness leads to thinking the best will happen. And when you expect the best, you often find it.

**ACTIVITY:** I am THANKFUL for the many gifts within me.

Use large sheets of paper to trace one or more children, then work together to write all answers inside the outline. Some suggestions:

- Physical: I am thankful for my health, my amazing body and how it works. Every sense-sight, hearing, touch, smell, taste. Ask the class to be quiet and close their eyes. Ask what they hear, what they smell. Be sure to get to the things we commonly take for granted.
- Mind: I am thankful for my brain that lets me think, create, reason, and learn. Add to the list of all the things our brains can do. Be sure to get to the things we commonly take for granted.
- Talents and virtues/Emotional: What can you do well? Sports, instruments, performing, artistic, reading, math. Is how you act a gift from within? Loving, kind, helpful, generous, courageous, confident, flexible, forgiving, honest, joyful, loyal, patient, respectful, responsible, trusting, and so on.
- Spiritual: The knowingness of God within.

**ASK:** How do you feel when you are feeling thankful? Can you describe the feeling? Where in your body do you feel thankful? In your toes? In your head? In your heart? Does it feel good?

**ASK:** Is being grateful and giving thanks good for you? YES! People who say thank you all the time and think of the things they are grateful for are happier, have more energy, and their body is healthier.

**ASK:** Is being grateful and giving thanks a spiritual practice? YES! When you think of the things you are grateful for, you send those thoughts out to God and the universe to come back to you multiplied so you will have even more to be grateful for.

**ASK:** Is there always something to be thankful for? It is a way to look for good even when things do not seem to be going well. Some people say that saying “thank you” is the most powerful prayer. We can count our blessings often, especially when we are having a hard time.

AFFIRMATION – One of the most powerful things you can say is, “thank you”. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .