



TODAY'S TOPIC:

Giving and Receiving

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.

What is something that someone gave to me today?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> n/a 	<ul style="list-style-type: none"> n/a 	Know the importance of giving and when you give you also receive.

ASK: What is your favorite part of Thanksgiving? Take all answers. Encourage conversation.

EXPLAIN: I think part of Thanksgiving is giving and receiving. At my house, many people help make the meal or bring different parts of the meal. We have guests over so we can give them dinner, and they bring something nice to make the meal fun.

ASK: Discussion:

- **How do you feel when you give to someone?** Happy inside, excited to share with someone, proud of myself...
- **What makes a good giver?** Giving out of love, being thoughtful and kind- not expecting something in return.
- **How do you feel when you receive?** Loved, special, warm fuzzies in my heart, grateful, happy.
- **What makes a good "receiver"?** Humility, gratitude, no expectations, giving a smile and a thank you for what you received.

BIG IDEA #1: Is giving and receiving about love? YES! Example: When your parents give you a big hug in the morning when you wake up they are giving you love. How does a hug feel? (Nice, comforting, safe, warm, happy in my heart.) That's right because when your mom or dad gives you a hug- you are receiving their love through their hug! When we give to someone, they become happy and then we feel happy from giving. And if someone wants to give us something- we can receive it with a smile and gratitude in our hearts. It creates an unending circle of love! **ASK if kids agree with this or not.**

BIG IDEA #2: Does giving and receiving happen in nature? When we look at God's beautiful Creation, there is something it all has in common. Everything God made experiences "Give + Take" (Giving + Receiving). For example, flowers give sweet honey nectar to bees and the bees pollinate, helping carry pollen from one flower to another. Trees give us oxygen (to help us breathe) and we give back carbon dioxide to the trees. There are so many other examples! Everything God made interacts with something else. Everything in Creation finds joy through relationship- through the energy of give + take. Giving and receiving is not only something we can do- it's something that's all around us! *Give and Take* makes the world go round.

SAY: *Give & Take* action is all around us everywhere we go. All nature & animals grow and live through give and take. Giving and receiving creates a special energy, especially when it is the giving and receiving of love. We can practice giving and receiving with our friends and family every day. makes the world go round! Let's be generous givers this week and grateful receivers.

AFFIRMATION – I am a generous giver and grateful receiver. repeat 4X

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