



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.

Does “thankful” mean the same thing as “thankful”?

Lesson

Materials	Things to Prepare	Today's Goal
n/a	n/a	Know that gratitude affects our lives in positive ways.

1. **SPIRITUAL MOVEMENT** = Inhaling the Universe
2. **CANDLES** =
3. **SING AND SIGN** = Surely the Presence
4. **BASKET** =
5. **PRAYER** =
6. **LESSON**=

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.

GAME: Themed Thanks – Choose a theme, such as people, places, thing my body can do. Go around the circle and have everyone say something they are thankful for that fits the theme. See how fast you can go. Play a few rounds.

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.

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 the 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. Plus, it’s always good to be thankful for God.

ASK: When can you be thankful? All the time!

CHALLENGE: Next time you get something from a store, see if you can give thanks for all the people who helped make that thing available for your to buy.

- Example of shoes – say I get a new pair of shoes. I can be grateful for my shoes, for the person who bought me the shoes. (i.e. “I am thankful for my shoes”) But where did those shoes come from, who all made them possible? –the material, the people who took the material to the factory, the people who constructed the shoes, the truck drivers who took them to the store, the people at the store who stocked the shelves, etc).

AFFIRMATION – I am thankful. repeat 4X

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

