



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.

***What does it mean to be grateful?***

**Lesson**

**Gratitude**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>• dice</li> </ul>	<ul style="list-style-type: none"> <li>• none</li> </ul>	To learn the power of being grateful.

**ASK:** Can you tell me what it means to be grateful?

Gratitude can be a feeling of deep appreciation for something or someone, or being really glad for the things you have and the special things that come along. How does it feel to be grateful? Can you feel it in your body? Where?

**SHARE:** Did you know that being grateful can actually help keep your body healthy? Practicing gratitude reduces stress, increases happiness, and even helps you sleep better!

**ASK:** What are some ways to practice or show your gratitude?

Some Ideas:

- Saying “thank you”
- Writing thank you notes
- Saying grace at meals
- Keeping a gratitude journal
- Taking extra special care of something

**SAY:** Those are all really great ways to show and celebrate your gratitude! Do you think giving thanks can be 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. 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 is a good time to practice being grateful? ALL THE TIME, however sometimes it helps to do it with something else that you do often like, when you sit down to eat, or after you brush your teeth. Gratitude is the kind of practice you can do anytime and anywhere. Let’s practice it now with our Affirmation! I am grateful for all of the greatness in my life! X4

**ACTIVITY:** Gratitude Game!

Roll the dice and state something you are grateful for to match the category. Feel free to record answers as a gratitude list!

- 1- Name a **place** you are grateful for
- 2- Name a **person** you are grateful for
- 3- Name a **food** you grateful for
- 4- Name a **memory** you are grateful for
- 5- Name a **thing** you are grateful for
- 6- Name **anything** you are grateful for

**AFFIRMATION** – I am grateful for all the greatness in my life. repeat 4X

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