



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 superpower?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Scissors • Qtips or spinners • Tape and glue • Markers 	<ul style="list-style-type: none"> • Enough copies for the group. 	<p>Know that gratitude affects our lives in positive ways.</p>

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 – a holiday that is all about thankfulness. Does anyone have any special traditions? Is there somewhere you go for dinner? Does your family come to your house? Does the 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.

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.

ACTIVITY: Show the “Wheel of Thanks”. Spin the wheel a few times and ask for answers based on where the arrow lands. Have everyone create their own “Wheel of Thanks”. ***See link below for the “Wheel of Thanks” created by Big Life Journal.***

AFFIRMATION – I am thankful. repeat 4X

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

[Big Life Journal Wheel of Thanks](#)

[Activity](#)