



**Bible Story:** Always Something There to Remind Me (Give Thanks No Matter What Happens) • **1**  
**Thessalonians 5:18**

**Bottom Line:** You always have something to be grateful for.

**Memory Verse:** Give thanks to the LORD, for he is good. His love endures forever. Psalm 136:1 (NIV)

**Life App:** Gratitude—Letting others know you see how they've helped you

## 1. Bible Story

**What You Need:** Bible

**What You Do:** Read **1 Thessalonians 5:18**

This month we're talking about what it means to live with gratitude. We'll start by taking a look in the Bible at a verse from 1 Thessalonians. There are always things in our lives that are challenging or stressful. But at the same time, there are always GOOD things, too. There are always things we can be thankful for. We just have to pay attention and remember what they are. No matter WHAT'S going on in our lives, one thing is always true: **God is with us. He loves us! He will never leave us.** When we start to feel overwhelmed or anxious about something, we can take time to talk to God and thank Him. When things are going great in our lives, we can stop and take time to thank Him. Or when it's just an ordinary day—with some good things and some bad things—we can still choose to thank God in the middle of it.

## 2. Shout It Out

**What You Need:**

**What You Do:**

- Tell the kids that you're going to shout out a letter of the alphabet, and they'll shout back something they're thankful for that starts with that letter.
- The first kid who names an object gets a point.
- If you need to, use the pen and paper to keep track of the kids' points. Otherwise, let the kids keep track of their own points.
- Vary the letters you call out, calling common ones such as S, M, and T, and mixing it up with harder letters such as X, Z, and Y.

**What You Say:**

"You came up with a lot to be grateful for! It's fun to shout stuff out, isn't it? No matter what, you can give thanks to God for the things He gave you to enjoy, for the skills or talents He has given you, and for the people in your life. **[Bottom Line] You always have something to be grateful for,** even when things are weird, scary, and different. It can be hard to remember to be grateful when things aren't so good—when there is drama with your friends, you're struggling at school, or when you are lonely or sad because life is different right

now. But God wants you to remember **[Bottom Line] you always have something to be grateful for.** No matter what happens around you, no matter what ups and downs you experience, God loves you and He is always with you, through the good times and the tough times.”

### 3. Discussion Questions

**What You Need:** No supplies needed

**What You Do:**

**Ask:**

- Describe an ungrateful person. Now describe a grateful person.
- What would you say are the main reasons people are ungrateful?
- Do you think we can be grateful even when we don't *feel* happy? Why or why not?
- What's the best way to change an ungrateful attitude to a grateful one?

### 4. Verses to Take with You

**What You Need:** Bibles

**What You Do:**

- **Look up** and read aloud Psalm 136:1.
- **Ask:**
  - How does knowing God's love is forever give you reason for thanks?
  - How has God shown you that He is good?
  - People often think that if God is good, He won't let anything bad happen. What do we know about God that helps you understand why people face hard situations?
- Have kids take turns saying the verse in different ways (opera singer, ventriloquist, whisper, shout, robot, baby),
- **Point out** how different each kid's voice sounded even though they were all saying the same words.
- **Remind** kids that in life, we all go through good times and bad, but we don't all react or sound the same when it comes to our responses.
- **Ask:**
  - What would an ungrateful kid sound like and say when life feels like it's going wrong?
  - How would a grateful kid react differently?
  - What determines the way we sound or act when faced with a disappointment?
  - Why do we always have something to be grateful for?

### 5. Make it Personal with Prayer

**What You Need:** Prayer journal, paper, something to write with, Bible

**What You Do:**

- As a family, **add to your prayer journal** or make a prayer journal if you have not already done so.
  - The Bible teaches us that the “the prayer of a righteous person is powerful and effective” (*James 5:16b*). We are encouraging you to make a family prayer journal. It can be as fancy or as simple as you want. An example is provided on our Kids at The Heights Facebook Page! A prayer journal can be a tool to record your prayer requests and thanksgivings. It can also help you grow your faith as you keep a record of how the Lord answer your prayers.
- Encourage kids to write a “SHOUT-OUT” to God thanking Him for who He is on a piece of paper.
- Prompt kids to finish the sentence “Thank You God for being . . .”
- Encourage kids to share their “SHOUT-OUTS” with the group.
- Tell kids to tape their “SHOUT-OUTS” in an area in your house.
- Challenge kids to notice ways people have helped them this coming week and encourage kids to thank those people for their help.
- Close with prayer.

**What You Say:**

“Dear God, gratitude doesn’t come easy to us, especially when we’re having a bad day. We need Your help to remember that Your plans are always good. Instead of complaining about what’s bad, help us choose to be grateful for all that is good. In Jesus’ name, amen.”