



1. Bible Story and Review Questions

What You Need: Bible

What You Do: Read **1 Corinthians 11:23-26, Exodus 12**

Review Questions:

- What happened during the first Passover? *(God saved His people from the last plague in Egypt by passing over the houses of the people who had lamb's blood painted on their doorposts.)*
- Why did people continue to celebrate Passover? *(to remember that God rescued them from slavery)*
- What are some of the things that were a part of the Passover celebration? *(People ate a big feast with lamb and flat bread)* Depending on the answer, you can ask follow up questions. For example: Why did they eat flat bread? Why did they eat lamb?
- Who celebrates communion/the Lord's Supper? *(people who follow Jesus)* A good follow-up question is: What makes someone a Jesus follower? *(someone who believes Jesus is their Savior and chooses to follow Him)*
- Why do followers of Jesus celebrate communion/the Lord's Supper? *(to remember Jesus rescued us)*

2. Habit Charades

What You Need: Paper and something to write with

What You Do:

- Ask the kids to name some activities that are good habits. *(brushing your teeth, eating breakfast, praying at bedtime, reading the Bible, practicing piano, etc.)*
- Write each "good" habit on your paper. (Make sure the ideas you write can be easily acted out.)
- Ask the kids to name things that might be considered a bad habit. *(biting nails, talking with your mouth full of food, leaving your coat on the floor, picking your nose, etc.)*
- Write each "bad" habit down as well.
- Then lead kids in a game of "Habit Charades."
 - Choose a habit for the first kid to act out.
 - Then let them act out their habit.
 - Prompt the rest of the group to try to figure out which habit is being acted out.
 - Continue until each kid who wants a turn to act gets a chance to do so.

What You Say:

"How do habits get made? *(By doing the same thing over and over again)* If we need to **[Bottom Line] get in the habit of being grateful**, how should we do it? *(Make sure we say thank you for everything; always think about what we have to be grateful for; focus on what we DO have and not what we don't have)* Passover is a celebration of how God rescued His people, the Israelites, from Egypt and slavery. Communion, or the Lord's

Supper, is a celebration of how God rescued us from sin and death. Communion is a way Jesus asks us to remember that He died on the cross to rescue us. Communion is a habit of gratitude celebrated by churches all over the world. It is important to celebrate communion and to **[Bottom Line] get in the habit of being grateful** for all He has done. When we remember that God sent Jesus to make a way for us to have a relationship with God that lasts forever, it helps us be grateful.”

3. Discussion Questions [Older Kids]

What You Need: No supplies needed

What You Do:

Ask:

- What are some things you can do when you don't feel like celebrating what God has done?
- Why do you think there are times we don't show gratitude to those who help us, especially those people who help us all of the time?
- If we can't think of a way to show gratitude, we can think how we would like to be treated. What are some of those ways and how can you use those ideas to thank someone else?
- What are some ways we can show God we remember how He has helped us?

4. Gratitude Journals

What You Need: Paper, stapler and staples, markers, and stickers

What You Do:

- Inform the kids that only you will use the stapler.
- Guide kids to make a “Gratitude Journal.”
- Each kid gets eight pieces of paper that they stack together then you staple a few times down the left side to make a small booklet.
- Let the kids decorate the cover of their journal with the markers and stickers.

What You Say:

“To **[Bottom Line] get in the habit of being grateful**, you have to practice gratitude every day. During this next week, end each day by writing three things in your “Gratitude Journal” that you are grateful for. Maybe you had a delicious dinner or your friend said something encouraging to you. Maybe you scored your personal best in a video game or in your basketball game. **[Make it Personal] (Share three things that you are grateful for today.)**”

“Practice gratitude every day and eventually, you won't even have to think about it. You will just start noticing things you are grateful for because you developed a good habit—the habit of being grateful.”

Close your group in prayer:

“God, thank You so much! You have given us so much! And the most important gift You gave us is Jesus. Help us **[Bottom Line] get in the habit of being grateful** so we can remember what Jesus has done for us. And help us **[Bottom Line] get in the habit of being grateful** so we can recognize the good things You give us every day. You ROCK! Amen.”