

# Shout Out: Who've you thanked today?



Use this guide to help your family learn about gratitude.

First, watch this week's video!

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

### Memory Verse

"Give thanks to the Lord, because he is good. His faithful love continues forever."  
Proverbs 10:9, NIV

### Bible Story

Give Thanks No Matter What Happens  
1 Thessalonians 5:18

### Bottom Line

You always have something to be grateful for.

## Activity

### Obstacle, Of Course!

#### What You Need:

Phone timer (optional)

#### What You Do:

Create an obstacle course using items in your home. For example, have your child crawl under the kitchen table and then hop over a row of pillows.

When the course is ready, invite your child to play. Tell them the only rule is that they can't touch any of the obstacles, or they have to go back to the beginning. Lead them through the obstacle course and encourage them along the way.

(Note: For older kids, you may want to add in a timer to add a little more challenge to the game!)

When you're finished playing, say, "Great job! That was so much fun to do together. You know what I noticed? You were still having fun even though you were faced with a challenge. That's similar to what Paul wrote to the Thessalonians."

## Talk About the Bible Story

Open the Bible together and read 1 Thessalonians 5:18.

What did Paul say to do "no matter what happens"?  
(Give thanks)

What are some "obstacles," or challenges, that you've had to face at school or with friends?

Is it easy or difficult to be grateful when you're faced with challenges in life? Why?

What did Paul say is a reason that we can ALWAYS be grateful? (Because we believe in Jesus; we know that God is with us)

How can you remember to be grateful no matter what happens?

Parent: Share about a time when you were able to be grateful even when things were hard.

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, thank You for our family, our friends, our church, the food we eat, the home we live in, and all the blessings You've given us. But most of all, thank You for giving us Jesus, who showed us that You love us always. Help us to have hearts that can always find a reason to be grateful, even when we go through challenges. We love You, and we pray these things in Jesus' name. Amen."