

READ THIS FIRST

READ Isaiah 25:1

Have you ever noticed that it's really hard to be thankful when you have a bad attitude about something? It's hard to notice good things and to let others know how they've helped you when you're weighed down with grumpy thoughts. What kinds of things regularly give you a bad attitude? Losing a game, a lot of homework, practicing something that's hard for you ... How can you fight through it and have an attitude of gratitude?

ACTIVITY: Find a spot in your house where you can start a "My Favorite Things" list. Add to it whenever you think of wonderful things in your life. See how it grows!

THANK God for showing you that you have plenty of reasons to be grateful.

READ Colossians 3:15

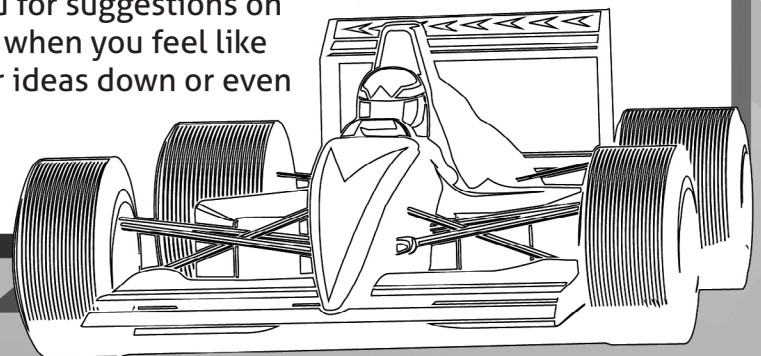
Does it ever feel like there is someone who always has more than you? Like as soon as you get new shoes, you notice that someone else has them in two different colors. Or maybe you're excited about a vacation and you find out someone else has already been—twice. Stuff like this makes it hard to be grateful, doesn't it? But that's when you need to take a pitstop to adjust your attitude. Instead of focusing on how much more *they* have, focus on how much you *do* have.

ACTIVITY: Ask 4 people who are older than you for suggestions on how to take a time out and adjust your attitude when you feel like someone always has more than you. Write their ideas down or even make a video of their answers!

ASK God to show you how to be grateful, even when you're not feeling it.

DAY 1

Design
your own
race car!



READ Colossians 3:17

DAY 2

Life is unfair sometimes. It's just the way it is. You see someone who should get in trouble and doesn't, you don't get what you think you deserve or what someone promised you. Unfortunately, it happens. But just because life isn't always fair, that doesn't mean there isn't still a lot to be grateful for—you just have to take time to adjust your attitude. When you notice how unfair something is, choose gratitude instead!

ACTIVITY: Read the unfair situations below. Pick one and finish the story. Make sure someone in your story ends up being grateful.

- 1) Your brother didn't do all of his chores, but your mom still gave him his allowance.
- 2) Your teacher promised the class free time, but your math lesson takes too long, so you don't get to enjoy it.
- 3) You study hard for a test and your friend doesn't study at all, but you both make an A.

LOOK for ways to be grateful even when it's hard. Tell God about them.

Read PHILIPPIANS 4:6

It's really hard to be grateful when bad stuff happens. Think about victims of tornadoes who lose everything they own, or someone who's very sick with cancer. When that kind of stuff happens, it's really important to take time to adjust your attitude. But when you choose to be grateful, despite the bad, then you won't miss out on all the ways God has blessed you.

ACTIVITY: Picture a first aid kit. You can ask God to change things, fix things, and heal things, while still being grateful. It's all about your attitude! Today's verse tells us how. Read it again. Tell Him about the things you wish were changed, fixed, or healed in your world.

KNOW that God is always God, even when bad stuff happens.

DAY 3

