Gratitude means letting others know you see how they've helped you.

WEEK 4 K-5TH

DAY 1

Read Ephesians 5:4

Have you ever gotten mad and said something you didn't mean? Maybe you called someone a name or said something really hurtful. Unkind words or ungrateful words come from an ungrateful heart. Thankful words come from a grateful heart. That means that we need to make sure we're constantly checking and adjusting our attitude (what we feel deep down in our hearts) to the proper gratitude setting.

Think of it like a dial that controls the volume level on your device. Instead of using ungrateful, unkind or foolish words, we need to adjust the volume and turn up the gratitude. This week, when you find yourself getting angry or frustrated and you want to say something you know is unkind, adjust your attitude and turn up the gratitude. In that moment, think of one thing you're thankful for. Stop yourself and, instead, give thanks. You might even need to ask God to help you clear out that anger or frustration so you can be thankful instead.

Adjust your attitude.

DAY 2

Read 1 Corinthians 15:57

Do you have a favorite sport? Whether it's football, basketball, soccer or swimming, the goal of any match or game is what? Victory! You want your team to win, right?

Let's pretend it's the fourth quarter and your favorite team is down by two touchdowns. What would happen if every player on your favorite team just decided to give up? They would lose, right? Winning teams know that it's not over until it's over. Keeping a positive attitude all the way until the last buzzer is super important.

Because Jesus died and rose again, He made a way for all who put their trust in Him to be a part of God's family, forever. With Jesus, we win! And that is why we should always have an attitude of gratitude. The next time you feel like giving up, remember to adjust your attitude and be grateful for what God has done.

Grab your "Gratitude List" for this month or start a new list today with paper and pencil. Under Week 4, write the word "GRATITUDE" along the side of that section in block letters. Next to each letter, write down something you're thankful for that starts with that letter. Spend some time asking God to help you adjust your attitude toward gratitude.

DAY 3

Read Acts 16:24-25

Have you heard this story before? Do you know what happened before Paul and Silas were thrown in jail? They were beaten. And yet Paul and Silas chose to pray and sing to God. While chained and probably in a ton of pain, they were grateful. Paul and Silas knew that God was with them, just as he was with Jesus when He suffered on the cross.

It's not easy but you can adjust your attitude to gratitude just like Paul and Silas. This week, when you find yourself about to complain about something, think of a way to turn it into a praise. Instead of focusing on what's wrong, look for something to be grateful for.

Here's an example: It's raining so you can't go outside for recess. *You can be thankful for free choice centers or the chance to play a game with friends in your classroom.*

Write your own example in the space below:

_____

_____

DAY 4

Read Colossians 4:2

According to today's verse, what should you give a lot of time and effort to?

Yep, prayer! When we talk to God, it reminds us that He is in control. God is good always and we can trust that His plans for us are good too. When we spend time talking to Him, when we are watchful and pay attention to all the good things He's given us, we can be sure to have an attitude of gratitude.

Fill in the missing words of today's verse—which can be found in the crossword puzzle below.

"_____ a lot of _____ and _____ to _____. _____ be_____ and _____." Colossians 4:2 (NIrV)

E	E	U	R	M	G	T	O	L
T	S	F	N	A	I	P	X	S
L	W	I	L	L	V	A	R	T
S	T	T	I	M	E	K	N	P
I	O	H	D	L	J	A	L	A
A	W	A	T	C	H	F	U	L
E	A	N	T	E	B	A	K	W
W	S	K	S	P	H	I	K	A
E	F	F	O	R	T	X	R	Y
V	U	U	T	A	L	L	Z	S
S	A	L	S	Y	D	T	A	I
L	L	U	B	E	U	G	O	S
W	F	W	A	R	G	K	A	R