

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

DAY 1

Read 1 Chronicles 23:30

Do you have any habits? Some habits are good ones – like always brushing your teeth before bed. Some habits are not so good – like biting your nails. A habit is something you do that becomes normal through repetition. That means that you can put some good habits in place simply by practicing.

The Gratitude Habit

Here's a new gratitude habit you can begin tomorrow. When you pray, thank God for three things. You don't have to use big words. You can thank God for simple things like sunshine or chocolate ice cream. The important part is to make sure that each time you pray, you're taking time to say, "thank you." Once you start with something small, you'll begin to notice other ways you can show gratitude too. And before you know it, saying "thank you" will become a regular part of your day.

DAY 2

Read Lamentations 3:21–23

Do you ever mess up? Do you ever make a mistake and wish you had a "do over?" Everybody at some point wishes they could go back and act differently. If you could turn back time, you wouldn't do or say the thing that messed things up.

Today's verse reminds us that God's love for us is new every morning. That means that when you mess up, you can find forgiveness. If you ever need a "do over" remember that with God, it's possible every single day.

Where do you need a "do over?" Is there are situation where you need to make it right? Ask God to forgive you and take the steps needed to show gratitude the next time.

DAY 3

Read Philippians 1:3

On a scale of 1 to 10, 1 being low gratitude and 10 being high, how grateful are you?

Now ask someone in your family the following question about YOU: "On a scale of 1 to 10, how grateful would you say I am? _____"

Do the numbers line up? Is one higher than the other? Why?

It doesn't really matter if we feel grateful. What matters is that others know we're grateful. After all, gratitude is letting OTHERS know you see how they've helped you.

If your gratitude score is low, ask God to help you show just how thankful you are with your words and actions over the next few days. Build the habit of being grateful so that you don't just feel it but you show it.

DAY 4

Read Psalm 103:2

Today's verse sets a pretty high standard: "I will not forget anything God does for me." Really? Not forget anything? Does that mean we're supposed to remember everything? The truth is, you probably will forget to thank God sometimes. That's why you should establish some regular habits for thanking God throughout your day. You've done that this month with your Thankfulness Jar!

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#### Thankfulness Jar Reveal

The next time your family is together, dump out all the slips of paper in your thankfulness jar and take turns reading the things you've written down this month. Stop and pray together and thank God for all these good things from the past month. Decide together if you want to keep up with your thankfulness jar or find another way to make a habit of showing gratitude in the future.



**Make a habit of  
being grateful.**