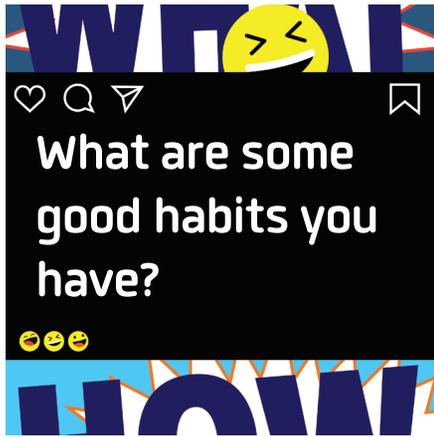


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journal writing area with horizontal dotted lines for text entry.



Day 1

After watching, write one thing that:

Watch this week's episode of The So & So Show by going to: <https://bit.ly/PreteenSundaysatHome>

Even if you already saw it at church, feel free to check it out again!

- 1. You liked:
- 2. You learned:
- 3. You'd like to know:

Day 2

Read 1 Corinthians 11:23–26

Ask a parent if you can have a piece of bread or a cracker and some type of juice or other drink.

Read 1 Corinthians 11:23-26 out loud and eat the bread after you read verse 24 and drink the juice after you read verse 25.

This is a tradition that some churches call the Lord's Supper and others call Communion. It's usually taken in large groups at church, but the truth is, you can take time to express your gratitude for what Jesus did any time, any place!

Day 3

You can make a habit of being grateful.

When you wake up in the morning, you can pray and thank God for the new day!

When you eat a meal, you can thank God for the food—and for whoever prepared it for you.

At bed, you can pray and thank God for the good things that happened in your day—and that God was with you, even during the hard things.

Throughout today, look for times you can stop and pray a prayer of gratitude: when you wake, when you eat, when you sleep, when something good happens that you know came from God. . .

You can **make a habit of being grateful.**



Day 4

Today, talk to a parent about creating a family habit of being grateful.

One way you can do this is by having a family POW and WOW roundtable either at the dinner table or bedtime. Each person starts out by sharing a POW—something hard or challenging you faced during the day.

But next, you must share a WOW—something that happened throughout your day that are you grateful for.

Decide together as a family how you will make this a habit. Maybe you'll set a reminder on a device to do it each night—or several nights a week. Maybe you'll incorporate it into a habit you already have, such as a family walk after dinner or your bedtime routine. However you choose to do so, you can **make a habit of being grateful.**



Day 5

What are some good habits you have?

Brushing your teeth, cleaning up after yourself, practicing an instrument, something else?

How can you incorporate a habit of being grateful into the rhythm of your life?

Perhaps you could use a dry erase marker to write GRATITUDE on your bathroom mirror so that every time you brush your teeth, you say a prayer of gratitude.

And maybe when you put your dirty clothes in the hamper, you can thank God for providing your clothes and food and shelter.

And when you pack your lunch each night, try writing one thing you're thankful for on a scrap of paper and stick it in your lunch so you'll remember to be thankful tomorrow too!

And don't forget about the gratitude journal you made—find a place to put that so you can remember to add to it each day.

With a little bit of intentionality, you can **make a habit of being grateful.**