

GRATITUDE

letting others know
you see how they've
helped you

WEEK
3

Read Colossians 3:15

DAY 1

Do you ever want just a little peace and quiet? Are things so crazy in your world that you sometimes wish you could push the "pause" button for a minute? The truth is, peace can be pretty hard to find sometimes. Things don't always go the way you want them to. Friends who you thought were good friends let you down. Your team loses. All sorts of things can happen.

The good news is that you can choose peace no matter what's happening. Our verse today reminds us that the peace that comes from Christ can help you choose an attitude of gratitude.

Take out a piece of paper and draw a line down the center to create two columns. At the top of one column, write "No Peace." At the top of the other, write "Gratitude." Start with the "No Peace" side. Take a few minutes to list some situations that aren't peaceful. On the "Gratitude" side write or draw some ways you can be thankful during those situations.

Talk to God about helping you find the peace to choose gratitude.

Read Lamentations 3:21-23

DAY 2

Whether it's a mistake or something they've done wrong, everybody at some point wishes they could have a "do-over." But this verse tells us something pretty amazing about God. His mercies are new every morning. That means that when you make a mistake, there is always forgiveness.

So if you ever need a "do over" remember that with God, it's possible every single day. When you forget to say "thank you" or show gratitude, there's always a chance to make it right and be forgiven.

Where do you need a "do over?" Is there a situation where you've been ungrateful? What can you do to make it right?

Ask God to forgive you and take the steps needed to show gratitude.



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Read Ecclesiastes 6:9

DAY 3

Have you ever spent time wishing for something that someone else has instead of focusing on what you DO have? It's almost impossible to be grateful for what's right in front of you if you're always looking for something else. Wanting more never leads to gratitude. It only leads to frustration and bitterness. This verse tells us that it's like chasing the wind.

Head outside for a minute and try to chase the wind. Could you catch the air around you? Of course not, it's impossible to catch the wind. Always comparing what you have to what others have is like chasing the wind. It won't get you anything.

Look at what you have and be grateful.

Read 2 Corinthians 4:15

DAY 4

When you follow God, your life should be a light to those around you. In other words, the choices you make, especially with your attitude, should point other people to the One who made you and loves you more than anyone else.

And guess what? When you live your life that way, it should rub off on others. Your attitude of gratitude might help someone else understand how much God loves them and that they have a lot to be thankful for too.

Find a piece of paper and pen, and write out this week's Bottom Line: "Take time to adjust your attitude." Then create a "secret message" by scribbling over the entire bottom line with crayon until the phrase is completely covered. Once that's done, take your secret message to your Mom, Dad, or another adult in your house and have them scratch it off with a coin or a key. Talk with that person about what it means to have an attitude of gratitude and how this attitude can rub off on others this week.

Know that choosing gratitude will help point others to your heavenly Father.



Take time
to adjust
your attitude.



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