



GRATITUDE

Letting others know
you see how they've
helped you.

MEMORY VERSE

"Give thanks in all circumstances, for this is God's will for you in Christ Jesus." 1 Thessalonians 5:18, NIV

WEEK 1:

Always Be Thankful Principle
1 Thessalonians 5:18

BOTTOM LINE:

You always have something to be grateful for.

WEEK 2:

The Parable of the Vineyard Workers
Matthew 20:1-15

BOTTOM LINE:

Take time to adjust your attitude.

WEEK 3:

Jesus Heals 10 lepers
Luke 17:11-19

BOTTOM LINE:

Take time to say thank you.

WEEK 4:

Lord's Supper
Luke 22:14-20

BOTTOM LINE:

Take time to celebrate what God has done.



MEAL TIME

WEEK 1:

Ask a kid: If you were going to throw someone a parade, who would it be and why?

Ask a parent: When has someone shown gratitude to you, when you thought you were "just doing your job?"

WEEK 2:

Ask a kid: Who in your life can you thank for sacrificing for you?

Ask a parent: What's the best "thank you" you've ever received?



PARENT TIME

Have you ever had a day where your stress level reached its peak? Where you pulled into your garage drained and exhausted from the daily grind? Where you felt you didn't have anything left to give. What did you do? Did you walk in the door and allow your loved ones to take the brunt of your discontent? Or did you take a minute to recharge, refuel, and refresh before walking in the door?

★ This month, take some time to think through the things you do to recharge. What are the small, simple things that you can do to refill at the end of a crazy day? How can you work those into your routine

WEEK 3:

Ask a kid: Have you ever been ungrateful even though you were given a good thing? How would you do things differently next time?

Ask a parent: Name 10 things you are grateful for right now.

WEEK 4:

Ask a kid: What's something our family can do to take time for gratitude every day?

Ask a parent: What is something you remember from the past that you're still thankful for now?

before you walk through the kitchen door? And, how can you teach your children to personally apply this same practice on their stressful days?

To hear more about how you can intentionally make it personal in your family, check out this month's Parent Link Live podcast on www.OrangeParents.org.

And for more mealtime questions, and great activities that you and your child can do at other times of your week, check out www.Studio252.tv and the Parent Cue app for your smartphone.