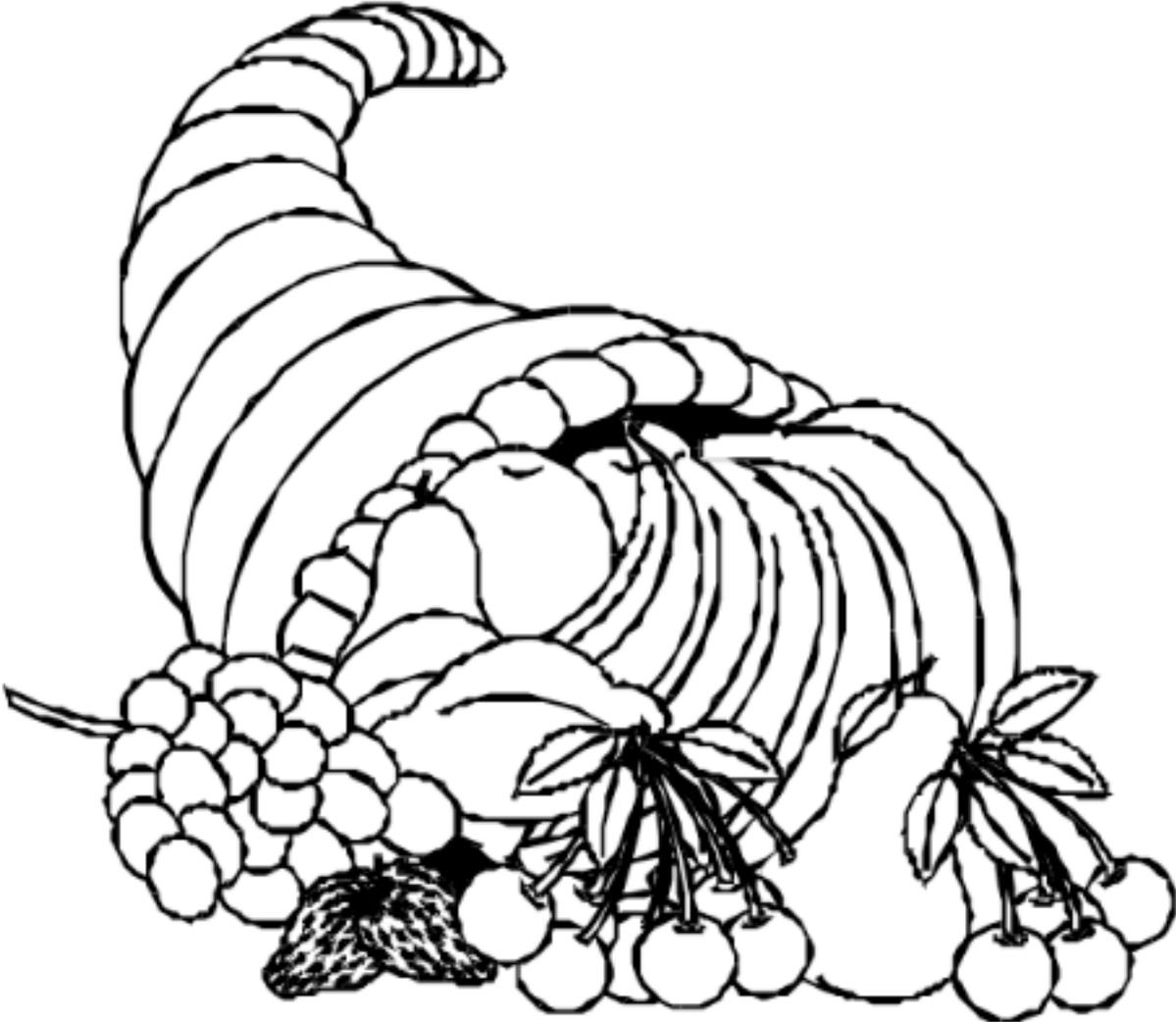


Gratitude Resources

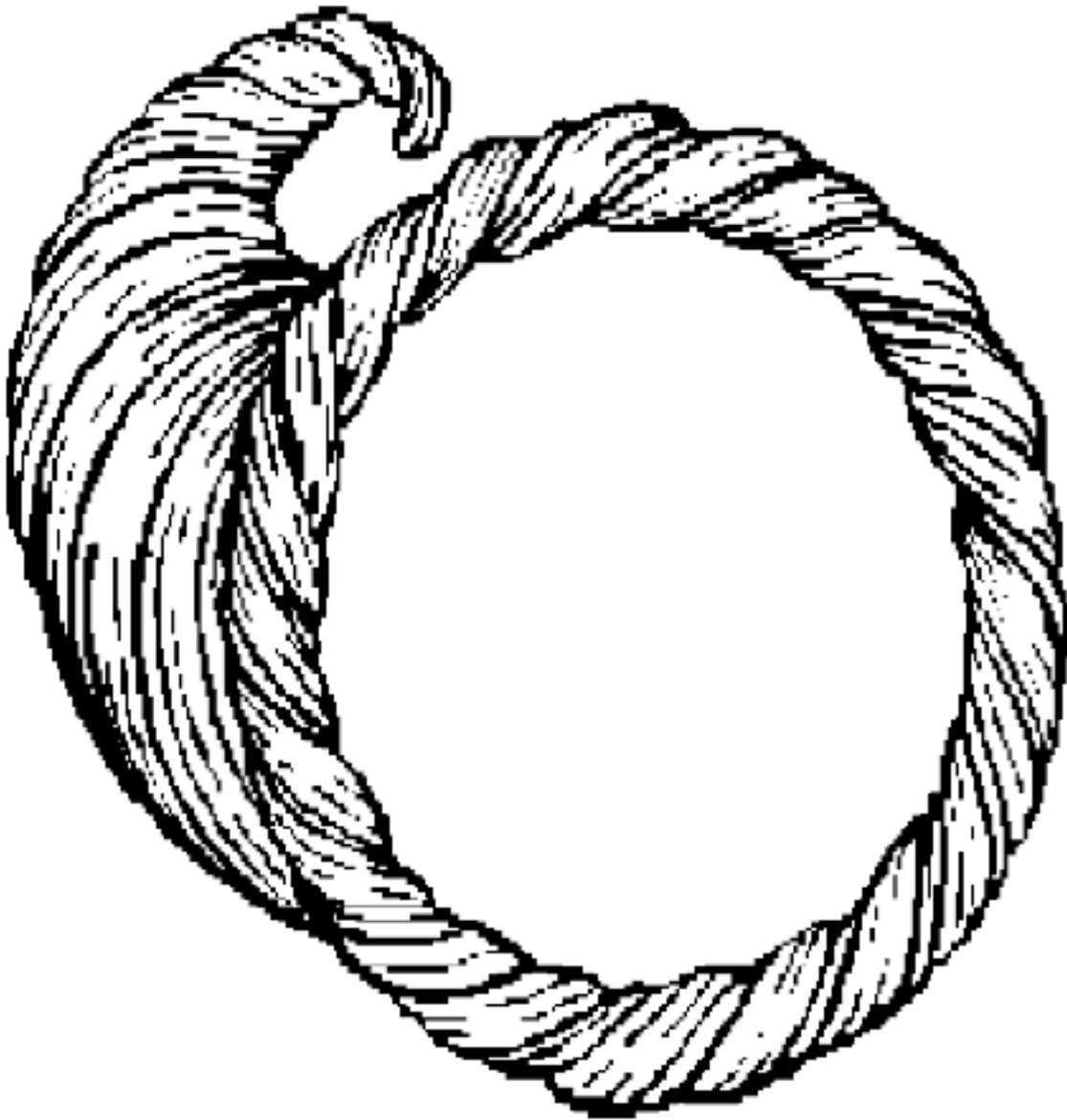
Compiled by Barbara Pratt from submissions from members of:
<http://groups.yahoo.com/group/fhe4children/>
October 2002

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<http://www.yokesfoods.com/colorimages/cornucopia.gif>



Fill the cornucopia with food.



Submitted by Shay

Gratitude

Opening Prayer:

Opening song: I am Glad for many things (childrens song book)

Scripture: Alma 34:38

1. Name some things you have WANTED and RECIEVED
2. Name some things you would like to do.
3. Name some things you have gotten to do
4. Name some things that could happen to you
5. Name some things that have happened to you.

Its amazing how life doesn't seem so tragic.

Now write 10 things you are grateful for.

Treat: a small birthday cake, celebrating everyone!!!

Closing prayer

Be Grateful
Compiled by Jenn Gray (Nov. 23, 2001)

Songs (primary and hymns)

| | |
|--------------------------------|-------------------|
| Count your Blessings | Hymns pg. 241 |
| I Thank Thee, Dear Father | CS, 7 |
| My Heavenly Father Loves Me | CS, 228 |
| We Bow Our Heads | CS, 25 |
| Can a Little Child Like Me? | CS, 9 |
| Because I Have Been Given Much | Hymns pg. 219 |
| There is Sunshine | Hymns, pg. 227 |
| For the Beauty | Hymns pg. 92 |
| I Stand All Amazed | Hymns pg. 193 |
| Thanksgiving Song | Friend, Nov. 1979 |

Scriptures

| | |
|----------------|--|
| Luke 17:11-19 | 10 lepers healed, 1 gave thanks |
| D&C 59:15-21 | |
| 1 Nephi 2:7 | Lehi Builds Alter to give Thanks |
| Mosiah 2:19 | You ought to thank your Heavenly King |
| Mosiah 24:21 | People of Alma give thanks |
| Alma 7:23 | Always Return Thanks |
| Alma 37:37 | Let thy heart be full of thanks |
| Morm. 9:31 | Give thanks for imperfections |
| D&C 46: 32 | Give thanks unto God for blessings |
| D&C 59:7, 62:7 | Thankful heart |
| D&C 78:19 | Thankful people will be made glorious, |
| D&C 98:1 | Give thanks in all things |

Young Children (5 and under)

| | | |
|----------|------------------------------------|----------------------|
| Story | Thank-You Game | Friend, May 1994, 30 |
| Story | The Most Thankful Thank-You of All | Friend, Nov 1996, 31 |
| Activity | Blessings of Every Color! | Friend, Nov 1986, 46 |

Children ages 6-11

| | | |
|-------------------|------------------------------|------------------------|
| Lesson & Activity | Count Your Blessings | Friend, Nov 1981, IBC |
| Lesson | The Six B's (Pres. Hinckley) | Friend, Feb 2001, 25 |
| Lesson | Gratitude and Thanksgiving | Friend, Nov 1985 IFC |
| Lesson | Gratitude | FHE Resource Book, 192 |

Thanksgiving Song

Words and Music by Rock E. Oakeson

1. Heav - en - ly Fa - ther, I'm thank - ful to Thee For
2. Each day I'm grate - ful for friends who are kind And

like and its won - ders, the earth and the sea, For The
teach - ere who help me de - vel - op my mind. The

fam - ly who love me and help me to be The
Lord in His good - ness helps me ev - 'ry day. I'll

kind of a child who'll a - gain - live with Thee.
show Him I'm thank - ful by liv - ing His way.

The musical score consists of a vocal line and a piano accompaniment. The piano part is marked *mp* and features a steady bass line with chords in the right hand. The vocal line has two verses of lyrics. The key signature has two sharps (F# and C#) and the time signature is 3/4. The score is arranged in four systems, each with a vocal staff and a piano staff.

Thank-You Game

Rebecca M. Taylor, *Friend*, May 1994, 30

Be ye thankful (Col. 3:15).

Alison knew it was going to be a bad day. The world outside was gray and drizzly. Mommy told her she had to clean her room. And—worst of all—there was a big bowl of cold oatmeal on the table that she still had to eat.

“I wish it was tomorrow already,” she mumbled.

Mommy looked up from the computer where she was working. “Oh, things aren’t that bad, are they?” Alison nodded without saying anything more.

“Well, then,” Mommy said, “why don’t we play the Thank-You Game. Find a reason to be grateful for everything you can. No complaining is allowed. If you can do it the whole day, I’ll give you a surprise.”

“That’s a funny game,” said Alison. “I’ll help you begin. Why are you grateful for oatmeal?” Alison thought a moment. “I guess it’s better than a bowl full of bugs to eat.” “Well, that’s a start,” Mommy chuckled.

Alison gobbled down her oatmeal, to get it over with. “I’m grateful I have orange juice to help wash the oatmeal down,” she said.

Then she went to her room. It was a mess! *How can I be grateful for a messy room?* she wondered. “I know—I’m grateful I have all these toys to play with.” She hummed as she put them all away.

The drizzle outside turned into a freezing rain that tap-tap-tapped against the window. Alison pressed her nose against the frosty glass.

I’m grateful the rain comes so that the flowers don’t get thirsty, she thought.

When her room was tidy, she got out her play dough. She made funny shapes with it and squished it through her fingers. “I’m grateful for things that feel good in my hands,” she giggled.

Alison was having a busy day. Soon her eyelids began to grow heavy.

“I think it’s nap time,” Mommy said.

Alison was going to complain, but she remembered that it wasn’t allowed. She climbed onto her bed and reached for her stuffed rabbit. “I’m grateful I have Charlie to snuggle with,” she told Mommy.

The Thank-You Game got easier and easier. It wasn’t turning out to be such a bad day, after all!

That night Mommy looked pleased. “You played the game really well, Alison,” she said, “Here’s your surprise,” She gave Alison a strip of bubble-gum-scented stickers

along with her usual hug and kiss.

Alison smiled. "It turned out to be a really nice day," she said. "I'm grateful for bubble-gum stickers and hugs and kisses and *you!*"

The Most Thankful Thank-you of All

Samuel Pulsipher, *Friend*, Nov. 1996, 31 (Fiction)

That by him, and through him, and of him, the worlds are and were created, and the inhabitants thereof are begotten sons and daughters unto God (D&C 76:24).

Melissa gave the opening prayer at family home evening. After the amen, Daddy thanked her and said, "We each agreed to bring a reminder of something we want to thank Heavenly Father for. Melissa, would you like to go first?"

She shook her head firmly, swinging her pigtails back and forth. "Not this time, Daddy. I have the most thankful thank-you of all, and I want to save it till last."

Daddy nodded. "Very well then, since Baby Billy's too young to take part, I guess it's Mommy's turn."

Mommy lifted a picture that had been facedown on her lap. "Who can tell me what this is?"

Melissa raised her hand. "It looks like a big blue-and-white marble."

"It does," Mommy agreed. "But it's really a photo of the earth that was taken from space. All the trees and flowers and other beautiful things we see around us are part of it, and I feel very grateful for such a wonderful place in which to live."

"Thank you," Daddy said. "So do I." He picked up a chalkboard that had been leaning against the couch. A frowny face was drawn on it. "Even though I love Heavenly Father, I still make mistakes, and that makes me sad." With an eraser Daddy wiped away the frowny face and drew a smiley face. "I'm grateful for repentance because it lets me change my ways and be happy again."

Mommy reached over and squeezed his hand. "So am I." She turned to Melissa. "And now let's hear *your* thank-you. I'm sure it is a good one!"

With a huge smile, Melissa picked up a copy of the *Friend* and slowly opened it to reveal a picture. "I'm thankful for Jesus," she said.

Mommy hugged Melissa. "Jesus Christ helped to create our beautiful world, and His Atonement makes repentance possible."

"You were right," Daddy said. "You do have the most thankful thank-you of all."

Sharing Time: Blessings of Every Color!

Pat Graham, Friend, Nov. 1986, 46
O give thanks unto the Lord (Ps. 105:1).

Like an artist, God has made

The world in every color and shade.

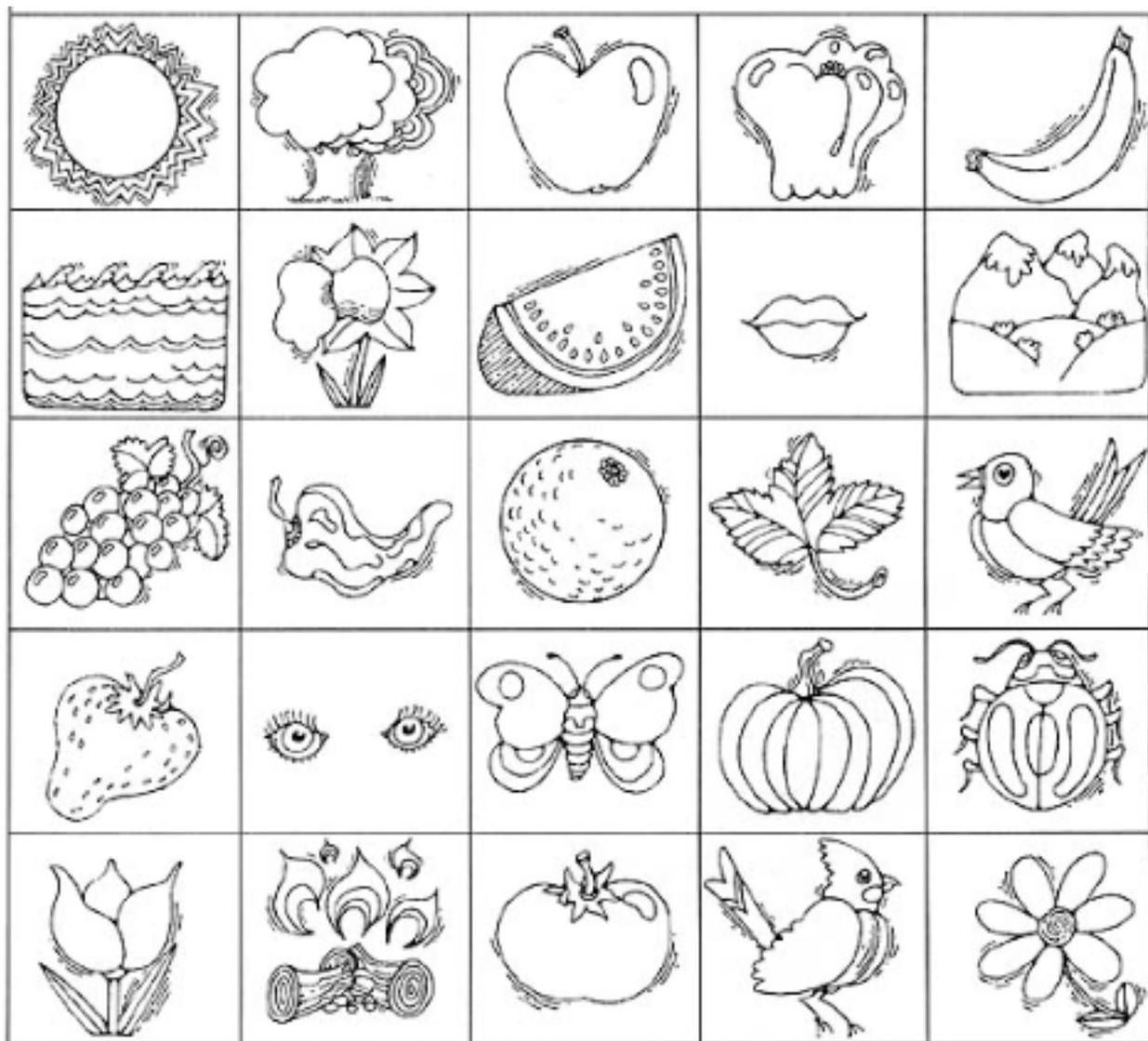
The fruit, the flower, the rainbow, the tree—

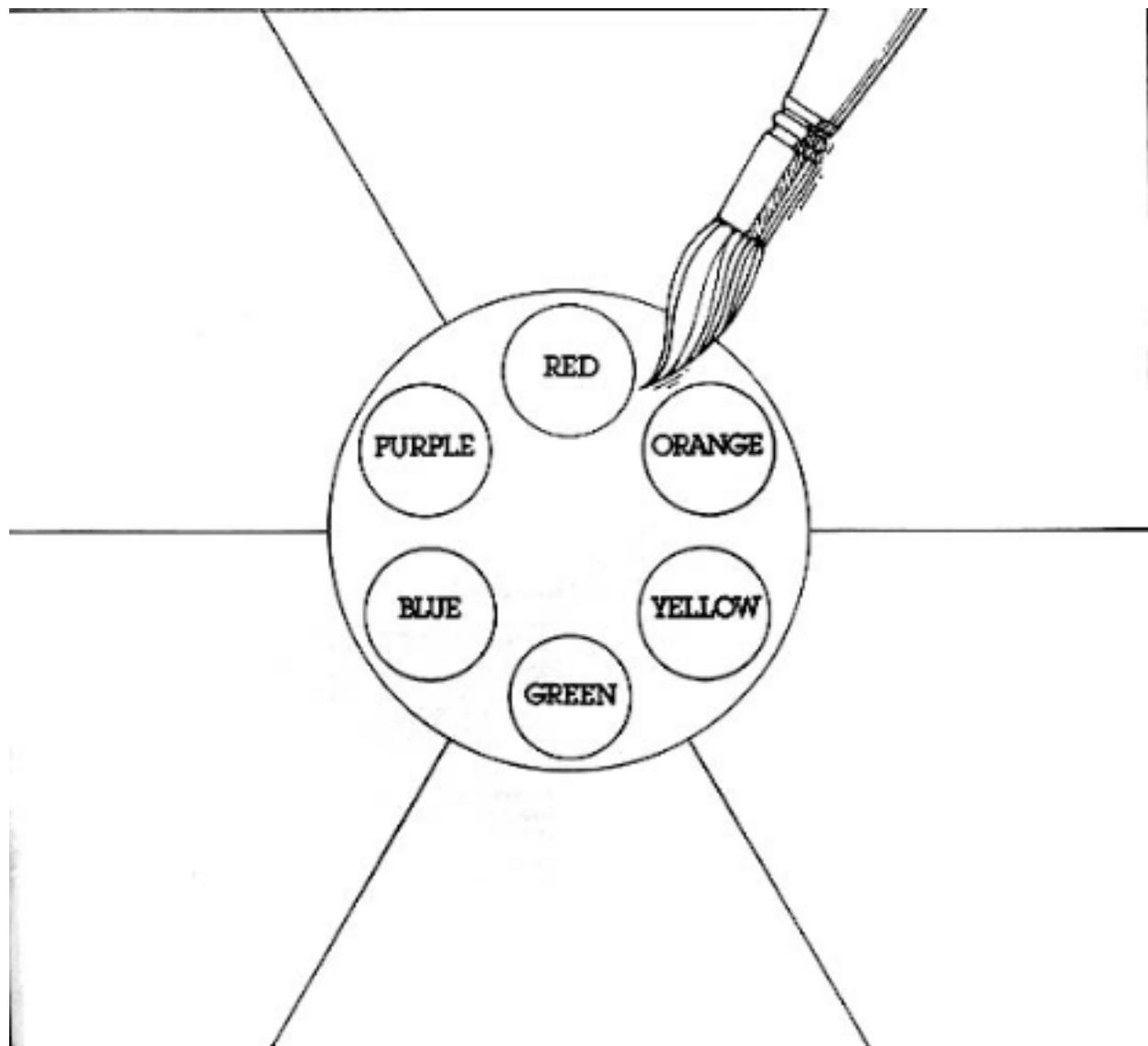
Blessings of every color to see.

Showing gratitude is expressing our thanks to Heavenly Father for everything that He has made for us. Sometimes we do not appreciate all that we have. Here is something that you can do to help you remember and be grateful for the blessings you have.

Instructions:

1. Color pictures and palette appropriate colors.
2. Look at artist palette of colors. Beginning with red, say, "I am thankful for things that are red." With your eyes closed, try to think of at least ten things that you are blessed with that are red; name them out loud.
3. Open your eyes and draw pictures of these blessings on part of palette for red, or cut out small pictures from these pages or from other magazines and paste them there.
4. Repeat for each color.





Sharing Time Ideas

1. Draw large palette on piece of poster board. Divide children into six groups, and assign a different color to each group. Have each group draw pictures of blessings associated with assigned color; cut out and attach to poster.
2. On another Sunday, play game using poster. While children's eyes are closed, remove one blessing, then have children open eyes and guess what's missing. Discuss what it would be like without that blessing. Continue removing and guessing blessings as time permits.
3. Play another game by selecting child to describe blessing, and let others try to guess what it is. Tell color clue last. Example: "The blessing I am thinking of is something to eat; it grows in bunches, and it is green" (grapes).
4. Sing related songs, such as "Thanks to Our Father" (*Sing with Me*, A-3), "Thanksgiving Round" (*Sing with Me*, B-33), and "Count Your Blessings" (*Hymns*, no. 241).

Sharing Time: Count Your Blessings

Pat Graham, *Friend*, Nov. 1981, inside back cover

The cornucopia is the symbol of plenty or abundance. It is usually shown filled to overflowing with fruits, flowers, and grain.

At Thanksgiving time we give thanks for all of our blessings. Sometimes we have so many blessings that it is hard to name all of them.

Cut out cornucopia and mount on 8 1/2" x 11" piece of construction paper. Mount fruits on lightweight cardboard and cut out. Write out your blessings or draw pictures of them on the fruits. And as you place each blessing on or around the cornucopia say something like, "I'm thankful for _____ so that I can _____." Think of the many reasons why you are grateful for each blessing.

When you have completed the picture, you can play a game with your family. Have everyone close their eyes while you take away one picture. Let your family guess which blessing is missing. Talk about what it would be like without that blessing. Keep playing until none are left.

Sharing Time Ideas

Make a large cornucopia out of poster board, and laminate it so that fruit pieces may be attached with tape and removed without tearing.

Invite children to draw and color pictures of their blessings. Then cut out and mount pictures on colored paper fruit shapes.

Place fruits in a box and choose several each week to add to the cornucopia. Let each child tell about his blessing.

The Prophet's Counsel: The Six Bs

Friend, Feb. 2001, 25

Excerpts from President Gordon B. Hinckley's Fireside Address, November 12, 2000 ("A Prophet's Counsel and Prayer for Youth," *Ensign*, January 2001, pages 2-11.)

Be Grateful

Walk with gratitude in your hearts. Be thankful for the wonderful blessings, which are yours. Be grateful for the tremendous opportunities that you have. Be thankful to your parents who care so very much about you and who have worked so very hard to provide for you. Let them know that you are grateful. Say thank you to your mother and your father. Say thank you to your friends. Say thank you to your teachers. Express appreciation to everyone who does you a favor or assists you in any way.

Thank the Lord for His goodness to you.

Be Smart

The Lord wants you to educate your minds and hands, whatever your chosen field. Whether it be repairing refrigerators, or the work of a skilled surgeon, you must train yourselves. Seek for the very best schooling available. Become a workman of integrity in the world that lies ahead of you. I repeat, you will bring honor to the Church and you will be generously blessed because of that training.

Be Clean

Avoid evil talk. Do not take the name of the Lord in vain. ...

Choose your friends carefully. ...

While you should be friendly with all people, select with great care those whom you wish to have close to you. ...

Be clean. Don't waste your time in destructive entertainment. ...

How truly beautiful is a well-groomed young woman who is clean in body and mind. She is a daughter of God in whom her Eternal Father can take pride. How handsome is a young man who is well-groomed. He is a son of God, deemed worthy of holding the holy priesthood of God. He does not need tattoos or earrings or rings anywhere else on or in his body. The First Presidency and the Quorum of the Twelve are all united in counseling against these things. ...

There is no need for any Latter-day Saint boy or girl, young man or young woman, to even try [drugs]. Stay clean from these mind-altering and habit-forming addictions.

Be True

Be loyal to the Church under all circumstances. I make you a promise that the authorities of this Church will never lead you astray. They will lead you in paths of happiness. ...

Be true to your own convictions. You know what is right and you know what is wrong. You know when you are doing the proper thing. You know when you are giving strength to the right cause. Be loyal. Be faithful. Be true.

Be Humble

The Lord has said, “Be thou humble; and the Lord thy God shall lead thee by the hand, and give thee answer to thy prayers” (D&C 112:10). ...

I believe the meek and the humble are those who are teachable. They are willing to learn. They are willing to listen to the whisperings of the still, small voice for guidance in their lives. They place the wisdom of the Lord above their own wisdom.

Be Prayerful

You need His help, and you know that you need His help. You cannot do it alone. You will come to realize that and recognize that more and more as the years pass. So live that in good conscience you can speak with the Lord. Get on your knees and thank Him for His goodness to you and express to Him the righteous desires of your hearts. The miracle of it all is that He hears. He responds. He answers—not always as we might wish He would answer, but there is no question in my mind that He answers.

Gratitude and Thanksgiving

By President *Marion G. Romney*

First Counselor in the First Presidency

(Adapted from an October 3, 1982, conference address. See Ensign, November 1982, pages 49-51.)

Friend, Nov. 1985, inside front cover

It has been said that “an ungrateful man is like a hog under a tree eating acorns, but never looking up to see where they come from” (Timothy Dexter, *The New Dictionary of Thoughts*, Garden City, N. Y.: Standard Book Co., p. 308).

Jesus revealed His feeling about ingratitude when only one of ten lepers who had been healed turned back and gave thanks. Luke tells us that “it came to pass, as [Jesus] went to Jerusalem, that he passed through the midst of Samaria and Galilee.

“And as he entered into a certain village, there met him ten men that were lepers, which stood afar off:

“And they lifted up their voices, and said, Jesus, Master, have mercy on us.

“And when he saw them, he said unto them, Go shew yourselves unto the priests. And it came to pass, that, as they went, they were cleansed.

“And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God,

“And fell down on his face at his feet, giving him thanks: and he was a Samaritan.

“And Jesus answering said, Were there not ten cleansed? but where are the nine?

“There are not found that returned to give glory to God, save this stranger.” (Luke 17:11-18.)

Christ set an example in giving thanks when, at the Last Supper, “as they did eat, Jesus took bread, and blessed, and brake it, and gave to them, and said, Take, eat: this is my body.

“And he took the cup, and *when he had given thanks*, he gave it to them: and they all drank of it.” (Mark 14:22-23; italics added.)

To the Lord Jesus, who bought us with a great price, we owe an undying debt of gratitude. It is impossible for us, weak mortals as we are, to fully comprehend and appreciate the suffering He endured on the cross so that He might gain for us victory over death. And even less can we understand the suffering He endured in Gethsemane so that we might obtain forgiveness of our sins. “Which suffering,” He said, “caused myself, even God, the greatest of all, to tremble because of pain, and to bleed at every pore, and to suffer both body and spirit—and would that I might not drink the bitter cup, and shrink” (D&C 19:18).

The Lord has revealed that we must give Him credit for our gifts and our accomplishments and be grateful for all things that He confers upon us. I am grateful to Him for the privilege of being in His service. I appreciate the opportunities that I have and hope that I can serve Him in some way and show my gratitude the rest of my life.

GRATITUDE

31106, Family Home Evening Resource Book, LESSON IDEAS, GRATITUDE, 192

Thou shalt thank the Lord thy God in all things.
- Doctrine and Covenants D&C 59:7

GOSPEL TRUTH

Gratitude is being aware of and appreciating blessings and kindnesses given to us. We can express it through sincere words of thanks and through actions that show our appreciation. An increased spirit of gratitude will bring increased joy into our lives.

IDEAS FOR LESSONS

Lesson 1: Gratitude Brings Joy

What does gratitude mean to you?

Compare your answers with the gospel truth above. Also, see Doctrine and Covenants D&C 78:19. Then tell the following story to help family members understand that warm, loving feelings come when we show gratitude.

Laura received many nice gifts for her birthday, but when she opened the package from her grandmother, a deep, warm feeling came over her. The gift was a beautiful handmade doll. As Laura touched the carefully braided hair, the embroidered face, and the lacy dress she thought of the time it must have taken for grandma to make this doll. Grandma's eyesight was failing, and sewing by hand was becoming difficult for her. Laura ran to grandma and hugged her tightly. "Oh, thank you, grandma," she whispered. Grandma hugged her back. She knew Laura loved the doll and that her many hours of work were appreciated. Best of all, she knew that Laura loved her.

Discuss the feelings of love that Laura and her grandmother shared because Laura felt grateful and showed her gratitude. Ask family members to tell how they have felt when someone has expressed gratitude to them.

Tell the story of the ten lepers (Luke 17:11-18).

How did the one leper show his gratitude? (Reread Luke 17:15-16 if necessary.) Point out that although the nine were no doubt happy to be healed, they did not think of the source of their blessing or go back to thank Jesus.

What experience did the ungrateful nine miss? (They missed the opportunity of expressing gratitude and love to the Savior.)

Read Doctrine and Covenants D&C 59:7 together. To help your family determine how well they obey this commandment, have each person write down two blessings they have received from Heavenly Father and two kindnesses or gifts they have received from other people. Then have them write by each blessing or gift the name of the person who gave it to them and how they showed gratitude to that person. Discuss how showing gratitude can help us feel closer to the giver of a gift or blessing.

Lesson 2: Showing Gratitude to Heavenly Father and Jesus

Sing “Count Your Blessings” (Hymns, no. 241). Then have each family member make a list of his blessings. Be sure to include some of the blessings of the gospel. Have each person choose one blessing from the list and tell how life would be different without that blessing.

Read aloud Mosiah 2:19-24 to help your family feel the spirit of gratitude expressed by a great prophet, King Benjamin.

What blessings did King Benjamin say we should thank our Heavenly Father for?

What does Heavenly Father want us to do for him to show our gratitude? (See Mosiah 2:22.)

Ask your family to think of one thing they have done during the past week to show their gratitude to Heavenly Father and Jesus.

What more can you do? (Express thanks through prayer, more often and more sincerely; pay tithes and offerings with feelings of love; study scriptures daily; attend Church and worship reverently, especially during the sacrament.)

Each member of the family might make a commitment to show more gratitude to Heavenly Father and Jesus.

Talk together about what you would like to thank Heavenly Father for in the closing prayer of this home evening.

Lesson 3: Expressing Gratitude for Your Family

To help your family feel grateful to be a part of a family, tell this make-believe story: A boy dreamed he came home from playing baseball and found his home had disappeared. He wandered around forlornly, thinking, “I have no place to eat or sleep, and no one to be with.” Then he woke up.

Ask family members to imagine how it would be to have no place to eat, no bed to sleep in, no one to cook their meals or care for them when they were ill. Ask them to name other privileges they may be taking for granted.

Invite family members to name ways they have shown gratitude for the privilege of belonging to your family and what they can do to show more gratitude in the future.

Tell the following story as an example of how one mother expresses gratitude to her family:

A mother with three children had few worldly goods. On birthdays and other special days, the most she could give her children was a small homemade toy. However, she always did something else that was worth more than the most expensive toy. On each child's birthday, she would call him into the bedroom and have him sit in a chair. Then she would kneel down to pray. In her prayer, she would thank Heavenly Father for blessing her with this child. She would mention the joys the child had given her and pray for his continued health and happiness.

Have family members express their gratitude for each other. Be sure everyone is included. Discuss what family members can do to express gratitude for each other. Family members might relate an instance or two when gratitude was expressed to them. Have them tell what they felt at the time.

Lesson 4: The Habit of Gratitude

Review the story of the nine lepers (Luke 17:11-19). Discuss that the lepers were probably not in the habit of showing their gratitude for a blessing received.

Read Alma 34:38.

Why is it important to make a habit of feeling and expressing gratitude constantly, not just now and then?

Sing or read the words to "Children All Over the World" (*Children's Songbook*, p. 16) with your children, or sing "I Thank Thee, Dear Father" (*Children's Songbook*, p. 7).

After the song, discuss how important it is to thank our Heavenly Father in all our prayers. It does not matter who we are or where we live, we all receive great blessings we should be thankful for.

Here are some suggestions to help your family express gratitude daily:

1. During a meal, invite family members to tell of something they have received from Heavenly Father, other members of the family, or others for which they feel grateful.
2. Keep the list of blessings made during the home evening. Have each person place this list in a drawer or on a mirror where it will be seen often and add to it from time to time.
3. Occasionally, let the family spend a home evening expressing their gratitude for blessings and kindnesses they have received, as individuals and as a family.

Think of other ways your family can make gratitude a habit.

RESOURCES

Scriptures:

Psalm 136:1-26 (Give thanks unto the Lord, for he is good.)

Psalm 147:1-20 (It is good to sing praises to our God.)

Isaiah 12:1-6 (O Lord, I will praise thee.)

1 Corinthians 15:55, 1 Corinthians 15:57 (Thanks be to God, who sent his Son.)

1 Thessalonians 5:18 (Give thanks in everything.)

2 Nephi 9:52 (Give thanks to God at night.)

Mosiah 26:39 (Pray always and give thanks in all things.)

Doctrine and Covenants D&C 98:1 (In everything give thanks.)

Doctrine and Covenants D&C 59:20-21 (We offend God when we are ungrateful.)

See also "Ingratitude" in the Topical Guide.

Songs and Hymns:

"We Thank Thee, O God, for a Prophet," Hymns, no. 19.

"Father, Thy Children to Thee Now Raise," Hymns, no. 91.

"Can a Little Child like Me," Children's Songbook, p. 9.

"My Heavenly Father Loves Me," Children's Songbook, p. 228.

Other

"The Gift," on the videocassette *The Worth of Souls* (53147).

FHE – GRATITUDE submitted by Natasha

OPENING SONG: “I Thank Thee, Dear Father” Children’s Songbook page 7

OPENING PRAYER:

SCRIPTURE: D & C 78:19 ***See attached Card

LESSON:

Read the “Thank-You Game” story.

Explain to family that showing gratitude is expressing our thanks to Heavenly Father for everything that He has made for us. Sometimes we do not appreciate all that we have.

QUESTION: Ask family members what things they can do to help them remember to be grateful for all blessings.

Read Mosiah 2:19-24 to help your family feel the spirit of gratitude expressed by a great prophet.

QUESTION: What blessings did King Benjamin say we should thank our Heavenly Father for?

What does Heavenly Father want us to do for him to show our gratitude?

Read the 10 Lepers Story or listen to it with The New Testament Reader and tapes (page 86 & 87; chapter 30):

Jesus revealed His feeling about ingratitude when only one of ten lepers who had been healed turned back and gave thanks. Luke tells us that “it came to pass, as Jesus went to Jerusalem, that he passed through the midst of Samaria and Galilee. “And as he entered into a certain village, there met him ten men that were lepers, which stood afar off; “And they lifted up their voices, and said, Jesus, Master, have mercy on us. “And when he saw them, he said unto them, Go shew yourselves unto the priests. And it came to pass, that, as they went, they were cleansed. “And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God, “And fell down on his face at his feet, giving him thanks: and he was a Samaritan. “And Jesus answering said, Were there not ten cleansed? But where are the nine? “There are not found that returned to give glory to God, save this stranger.” (Luke 17:11-18)

LESSON APPLICATION:

To the Lord Jesus, who bought us with a great price, we owe an undying debt of gratitude. It is impossible for us, weak mortals as we are, to fully comprehend and

appreciate the suffering he endured on the cross so that He might gain for us victory over death. And even less can we understand the suffering He endured in Gethsemane so that we might obtain forgiveness of our sins. “Which suffering,” he said, “caused myself, even God, the greatest of all, to tremble because of pain, and to bleed at every pore, and to suffer both body and spirit – and would that I might not drink the bitter cup, and shrink. (D&C 19:18)

The Lord has revealed that we must give Him credit for our gifts and our accomplishments and be grateful for all things that He confers upon us.

FAMILY GOAL:

Ask your family to think of one thing they have done during the past week to show their gratitude to Heavenly Father and Jesus.

QUESTION: What more can you do? (Express thanks through prayer, more often and more sincerely; pay tithes and offerings with feelings of love; study scriptures daily; attend Church and worship reverently, especially during the sacrament.) Each member of the family might make a commitment to show more gratitude to Heavenly Father and Jesus.

ACTIVITIES:

1. Gratitude Journals

If your family already has gratitude journals, take this chance to write in it things you are grateful for. If not provide each member of your family with a notebook that is to be only a Gratitude Journal. They are to write or draw pictures of blessings they have received. Have each person choose one blessing from the list and tell how life would be different without that blessing. This is meant to be an ongoing project – not finished in one evening. You will find that showing gratitude becomes easier as you do this activity.

2. Treasure Chest of Blessings

see attached instruction sheet and visuals.

CLOSING SONG: “Count Your Blessings” Hymnbook page 241

CLOSING PRAYER:

