Sunday School

LESSON



A Thankful Heart Every Day





Main Scripture

"In every thing give thanks: for this is the will of God in Christ Jesus concerning you." — 1 Thessalonians 5:18 (KJV)

Lesson Goal: To teach children that thankfulness is not something we should practice only on Thanksgiving Day. God wants us to have thankful hearts every single day because He blesses us, loves us, provides for us, and is always with us.

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1. Opening Devotion: Thankfulness Is More Than a Holiday
When we think about Thanksgiving, what comes to mind?
Maybe you think about turkey, mashed potatoes, pumpkin pie, family gatherings, and having a wonderful day together.
Thanksgiving is a special time when families gather to give thanks for their blessings. But did you know that God wants us to be thankful every day of the year?

We don't have to wait until November to tell God thank You!
We can thank Him when we wake up in the morning, when we eat our breakfast, when we play with our friends, when we go to school, and when we lay our heads down at night.
We can thank Him for the big things and the little things.
We can thank Him for our families, our homes, our friends, our food, and even the beautiful sunshine.

Most importantly, we can thank Him for loving us so much that He sent His Son, Jesus, to die on the cross for our sins.
Sometimes we get so busy thinking about what we want that we forget to thank God for what He has already given us.

A thankful heart doesn't mean everything in our lives will always be perfect. Sometimes we have bad days. Sometimes we get sick, feel sad, or face difficult situations. But even during those times, we can thank God because He never leaves us. Remember: Thanksgiving is a day on the calendar, but thankfulness should be a way of life!

2. What Does the Bible Teach Us About Thankfulness?
Let's look at several Bible verses that teach us to be thankful.
A. We should give thanks every day.
Read: 1 Thessalonians 5:16-18

- **Rejoice always.**
- **Pray without ceasing.**
- **Give thanks in everything.**

What does this mean?
God wants us to have thankful hearts even when things don't go exactly the way we want them to.



"Thank Thee for sun and friends," Caleb said.

For example:

- **When it rains and we cannot go outside, we can thank God for the rain that helps flowers grow.**
- **When we have to clean our rooms, we can thank God that we have a home.**
- **When we don't get everything we want, we can thank God for everything He has already provided.**

We don't thank God because everything is always easy. We thank Him because He is always good!

B. We should enter God's presence with thanksgiving.
Read: Psalm 100:4-5

"Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name."
What does this mean?

When we pray, we shouldn't just ask God for things. We should also spend time thanking Him!
Imagine if someone always asked you for things but never said thank you. That wouldn't feel very good, would it?
God loves hearing our prayers, and He deserves our praise and thanksgiving.

C. We should remember to thank Jesus.
Read: Luke 17:11-19

This passage tells the story of ten men who had leprosy. They cried out to Jesus for help, and Jesus healed all ten of them.

But do you know how many came back to thank Him?
Only ONE!

Jesus noticed that only one man returned to give thanks.
What can we learn? We should never become so busy enjoying God's blessings that we forget to thank the One who gave them to us. Let's be like the one man who returned to thank Jesus!

His love never runs out!

D. We should give thanks because God is good.
Read: Psalm 107:1
"O give thanks unto the LORD, for he is good: for his mercy endureth forever."
God is good when we are happy. God is good when we are sad. God is good when life is easy, and God is good when life is difficult.

3. Five Things We Can Thank God for Every Day

Here are five reminders of things we can thank God for:

1. **Our families: Thank God for the people who love us and care for us.**
2. **Our daily needs: Thank Him for food, clothing, shelter, and the things we need.**
3. **Our friends: Thank Him for people who encourage us and make us smile.**
4. **His beautiful creation: Thank Him for flowers, animals, trees, sunshine, and all the wonderful things He made.**
5. **Jesus and our salvation: Thank God for sending Jesus to save us and give us eternal life.**

And remember, we can thank God for so much more!





4. Bible Object Lesson: The Thankful Heart Jar
Supplies:

- **One clear jar or container**
- **Small pieces of colored paper**
- **Pencils or crayons**

Instructions:
Give each child several pieces of paper.
Ask them to write or draw something they are thankful for on each piece.

Examples:

- **Thank You, God, for my mommy and daddy.**
- **Thank You for my friends.**
- **Thank You for my food.**
- **Thank You for my church.**
- **Thank You for Jesus!**

Have each child place their papers inside the Thankful Heart Jar. Explain that every day we have something to thank God for. When we start looking for our blessings, we begin to notice just how good God has been to us.

Challenge: Encourage the children to add one new thank-you note to the jar every day for the next week.

At the end of the week, read the notes together and have everyone thank God for those blessings!

5. Let's Talk About It! Discussion Questions

- **What is your favorite thing about Thanksgiving?**
- **Does God want us to be thankful only on Thanksgiving Day?**
- **What does 1 Thessalonians 5:18 teach us?**
- **Why should we thank God when things don't go our way?**
- **What did the one healed man do that the other nine did not?**
- **Name three things you can thank God for today.**
- **What is one way you can show thankfulness to someone this week?**

Important lesson: Being thankful isn't just about saying the words "thank you." We can show thankfulness by being kind, sharing with others, helping our families, and treating people with love.

6. A Weekly Thankfulness Challenge
Seven Days of Thankfulness: Challenge the children to practice being thankful every day!

Monday: Thank God for your family.
Tuesday: Thank God for your friends.
Wednesday: Thank God for your food and home.
Thursday: Thank someone who has helped you.
Friday: Thank God for something beautiful He created.
Saturday: Do something kind for someone.
Sunday: Thank God for Jesus and your church.

Encourage the children to share their experiences during the next Sunday school class.

7. Memory Verse Activity

1 Thessalonians 5:18 (KJV)
"In every thing give thanks: for this is the will of God in Christ Jesus concerning you."

Have the children repeat the verse together three times.
First time: Say it normally.
Second time: Say it while clapping.
Third time: Say it with big smiles!

Then ask them to explain what the verse means in their own words.

8. Closing Devotion: Don't Forget to Say Thank You!

Children, I want you to remember something very important.
God has given us so many wonderful blessings. Sometimes we notice the big things, but we forget about the little things that make every day special.

Every breath we take, every morning we wake up, every hug from someone we love, and every opportunity to learn, laugh, and grow is another reason to thank God.



But the greatest gift of all is Jesus!

God loved us so much that He sent Jesus to die on the cross for our sins. Through Jesus, we can have forgiveness and the promise of everlasting life.

So when you wake up tomorrow morning, before you ask God for anything, take a moment to say:

"Thank You, God, for loving me.

Thank You for giving me another day.

Thank You for Jesus!"

And when you go to bed tonight, think about three things that happened during your day that you can thank God for.
Never forget that we don't need a special holiday to have a thankful heart.

Every day is a wonderful opportunity to thank God for His goodness, His love, and His blessings!

9. Closing Prayer

Dear Heavenly Father, Thank You for loving us and taking care of us every single day. Thank You for our families, our friends, our homes, our food, and all the wonderful blessings You give us. Please forgive us for the times we forget to say thank You. Help us to have grateful hearts, not just on Thanksgiving Day, but every day of the year. Teach us to notice the little blessings as well as the big ones. Help us to be kind, loving, generous, and thankful children who show Your love to others. Most of all, thank You for sending Your Son, Jesus, to die on the cross for our sins. Thank You for His love, His forgiveness, and the promise of eternal life. We love You, Lord, and we praise You for all that You have done and all that You continue to do. We pray this in the precious name of Jesus Christ, Amen!

A THANKFUL HEART EVERY DAY!

365 Days of Thankfulness

Don't just give thanks on Thanksgiving. Give thanks to God every day! 1 Thessalonians 5:18

A final thought for the children:

God doesn't want us to remember Him only when we need something. He wants us to walk with Him, talk with Him, praise Him, and thank Him every day. A thankful heart is a happy heart that remembers how good God is!

May we raise children who don't just celebrate Thanksgiving once a year, but who learn to live with grateful hearts all year long. ❤️