

Head outside for a

# THANKS-GIVING WALK

around your neighbourhood or at your favourite park.

## Introduction

The world around us is filled with examples of God's great love for us that serve as daily reminders to ***Give thanks to the Lord for God is good. (Psalm 107:1)***

Today you are going to explore outdoors and use your bible to find various items to help you remember to ***Always give thanks for everything. (Ephesians 5:20)***.

No matter what the weather, or time of day, you are encouraged to get outside as you explore and discover the wonderful world that God has created and given to us to treasure and take care of. ***This is the day that the Lord has made, let us rejoice and be glad in it. (Psalm 118:24)***.

## Supplies Needed

- A bible (an NRSV bible was used to create this activity)
- Either a printed or digital copy of this document
- Something to write with if you are using a printed copy of this document

## Instructions

For each section of this activity you will need to follow the same set of steps:

- Search: Look up the bible verse and answer the question. (Hint: Every item is something you might find, or see, when you are outdoors exploring and playing.)
- Explore: Find the item(s) in the area that you are out exploring. (Note that depending on where you are you may or may not be able to actually find every item. Just do your best with what's around you!)
- Discuss: Stop when you've found the item(s) and use the provided questions to discuss what you've found.
- Pray: Have someone in your family read the prayer.

***I will praise the name of God with a song,  
and will magnify God with Thanksgiving.***

***– Psalm 69:30***

1. Look up Job 8:14 and Proverbs 6:6

What creatures are mentioned? \_\_\_\_\_ and \_\_\_\_\_

What is your favourite animal? What do you like about it? Is there an animal that you don't like? Why? What do you think is something important that these animals do?

***Dear God, You have created so many wonderful, unique and amazing creatures to live on this earth...including people! Help us to remember that each of us was created in your image and that you want us to love and look after each other. Help us to take time to learn about each other and the roles we play in your plan for the world, recognizing, and giving thanks for, the special gifts we each contribute to making this earth a wonderful place to live. Amen.***

2. Look up Genesis 2:9, Jonah 15:4 and 1 Kings 17:12

What are the three items mentioned? \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_

Have you ever built a fort or climbed a tree? Have you ever looked closely at a bird's nest? What are the things that are needed to make these types of things strong and hold them together?

***Dear God, We give you thanks for our home, for warm blankets and a roof over our heads. We remember those who do not have a safe place to sleep and pray that they too might find shelter and rest. We give thanks for all those who work to support and provide for those without their own homes or safe shelter and we pray for those who are in need of warmth and comfort. Amen.***

3. Look up John 4: 10&11 and Exodus 28:33

What are the items mentioned that can be consumed? \_\_\_\_\_ and \_\_\_\_\_  
(Note: You won't likely be able to find the second item as you explore but perhaps if you look around you will be able to find another type of food/berry/nut growing in your area.)

What is your favourite meal? Is there a food that you don't like eating? Is there a food that you've heard of that you would like to try? Have you ever tried growing something that you can eat?

***Dear God, You provide us with so many wonderful flavours and foods to fill our tummies! During this time of harvest, we give thanks for the farmers and workers who grow and prepare food for us to eat. We thank you for providing the soil, the rain and the sun to help crops grow and for all those involved in growing, gathering and preparing food. We give thanks for the food that we will eat today and pray for those whose tummies are empty and for those who work to fill them. Amen.***

4. Look up Proverbs 27:8

What animal is mentioned? \_\_\_\_\_

What is your favourite song? Sing it! Sit quietly with your eyes closed. What sounds do you hear?

***Dear God, We give thanks for birds that sing, dogs that bark and crickets that chirp, for leaves that rustle in the wind and water that flows in streams, for thunder that booms and lightning that cracks, for laughter and song. In each sound that we make, and song that we sing, we offer our prayers of thanksgiving and praise to you, knowing that you hear us even when we can't find the words. Amen.***

5. Look up Matthew 17:20

Two things are mentioned in this verse, one very small and one very big, what are they? \_\_\_\_\_ and \_\_\_\_\_

Look around you, what is the smallest thing you can pick up? What is the largest thing you can see? Find something that you can stand on (a bench, rock, log, etc.) What is the farthest thing that you can see now that you're up higher?

***Dear God, From the tiniest seed to the highest mountain you created it all. From a newborn baby to those who have lived a long time each person is special and wonderful with gifts to share, lessons to learn and hearts to love. We give thanks that no matter how small we are, or feel, you care for us and are working through us. Amen.***

6. Look up 1 Samuel 2:2

What is the solid object mentioned in this verse? \_\_\_\_\_

What is the hardest thing you've ever had to do? What did you need to do to succeed? Who helped you? Have you ever helped someone with something hard?

***Dear God, In this time of changing seasons we give thanks that your love for us never changes. We take comfort in knowing that you are the foundation on which we can depend to help us through all the difficult and changing things in our lives. We give thanks for the people in our family and community who are there to help us when things get tough and we need a hand to get us through. Thank you for always being there for us and providing us with everything that we need. Amen.***

*Extra Activity: Gather fallen leaves. Using a marker, write people's names and things that you are thankful for on the leaves. If you happen to find a small fallen branch you can put it in a vase and use some string or yarn and hand the leaves from the branch. Otherwise, sprinkle the leaves on the table where you eat. Before you eat use the leaves to help you say a prayer giving thanks to God for all that you have been given.*

7. Look up Genesis 9:13

Depending on the weather you might see these two things in the sky. What are they?  
\_\_\_\_\_ and \_\_\_\_\_

What is your favourite weather/season? What are the things you like doing in this weather/season? Look up at the sky? What do you see? If there are clouds in the sky what pictures do you imagine them being? If there are stars in the sky can you “connect the dots” to create your own images?

***Dear God, We give thanks for your promise to always be with us, to love us, care for us and forgive us. We give thanks that no matter what the weather, no matter what the season and no matter how things around us change your promise always remains. Help us to always remember that your love for us goes higher than the heavens and guide us so that we might show that love to others and work together to spread it throughout the world. Amen.***

8. Look up Psalm 104: 19

It will depend what time of day it is which of the items mentioned in this verse can be seen. What are they? \_\_\_\_\_ and \_\_\_\_\_

Are you a morning person or a night person? Have you ever sat out and watched the sun rise or set? How does the world around you look or feel different depending on the time of day? Do you see/smell/hear things differently depending on the time of day? Play a game of Eye Spy with your family. Are there things that others notice while playing that you didn't?

***Dear God, Thank you for being with us no matter where we are or what the time of day is. Help us to bring light into the darkness, joy where there is sadness, peace where there is turmoil and love where there is fear. Be with us as we continue on with our day, may we remember to take time to stop and see you in all that is around us and give thanks knowing that all you have created is good. Amen.***

Answer Key in Case You Need It:

- |                            |                       |
|----------------------------|-----------------------|
| 1. Spider and Ant          | 5. Seed and Mountain  |
| 2. Tree, Branch and Sticks | 6. Rock               |
| 3. Water and Pomegranates  | 7. Rainbow and Clouds |
| 4. Bird                    | 8. Moon and Sun       |