



INTRODUCTION

LORD, I will give thanks to you with all my heart.

I will tell about all the wonderful things you have done.

I will be glad and full of joy because of you.

Most High God, I will sing the praises of your name.

PSALM 9:1-2 NIRV




SMALL THINGS

I know how to live when I am poor, and I know how to live when I have plenty. I have learned the secret of being happy at any time in everything that happens, when I have enough to eat and when I go hungry, when I have more than I need and when I do not have enough. I can do all things through Christ, because he gives me strength.

PHILIPPIANS 4:12-13 NCV

We have favorite dinners, and meals that we don't like very much. Can you think of a favorite dinner of yours? Now think of someone who doesn't get dinners at all. That's pretty sad, right? It's good to be thankful for every meal that you get, even if you don't like it very much.

Paul, from the Bible, said that he was okay even when he was put in prison and didn't have very much of anything. That's because he was thankful for every little thing Jesus had given him. We can learn to be thankful no matter how much or how little we have.



Jesus, help me to be happy with whatever I have, even if it is only a little. I know I am very blessed to have food to eat when so many people around the world go without. Thank you for the food you have provided for me and my family.

DID YOU KNOW...

Some food looks like the part of the body
they are good for!

- If you slice a carrot, it looks like an eye. Carrots help support blood flow to your eyes.
- A tomato has four chambers, just like the human heart. Tomatoes are full of lycopene which is great for your heart and your blood.
- Walnuts look like a brain! They develop neurotransmitters that help your brain work properly.
- Beans are shaped like kidneys. They help heal and strengthen your kidneys.

Act of Gratitude

I am thankful for the gift of food today.

Here's what I am going to do this week
to show how grateful I am.




WARMLY ACCEPTED

*"The Father gives me the people who are mine.
Every one of them will come to me,
and I will always accept them."*

JOHN 6:37 ICB

God's arms are always open to us, but sometimes we are afraid to go to him. We maybe don't feel like we deserve to have his love, or we are embarrassed by our sins. We think maybe God will turn away from us.

God says we are always welcome. There is nothing we could do that would cause him to reject us. Nothing can keep us from his love. He is waiting for us to run into his arms and feel his unconditional acceptance.

The background of the page is decorated with several colorful circles in shades of teal, lime green, orange, and purple. Some of these circles have hand-drawn patterns or faces on them. A thick pink rectangular border frames the top section of the page, and a large purple cloud-like shape frames the bottom section.

Thank you, God, for always loving me and drawing me closer to you. I am thankful that you accept me just the way that I am. Thank you for your love that encourages me to give up my bad habits and start making good decisions.

DID YOU KNOW...

Hugging is good for your health!

Hugging helps your nervous system and fights feeling of loneliness and fear. It makes you feel better about yourself, gets rid of unnecessary stress, and can cause you to feel appreciated. How? The simple act of hugging releases hormones in your body that make you feel better, lower your blood pressure, boost your immune system, reduce pain, and help you feel connected to others. Make sure you give someone a hug today!

Act of Gratitude

I am thankful for the gift of acceptance today.

Here's what I am going to do this week
to show how grateful I am.

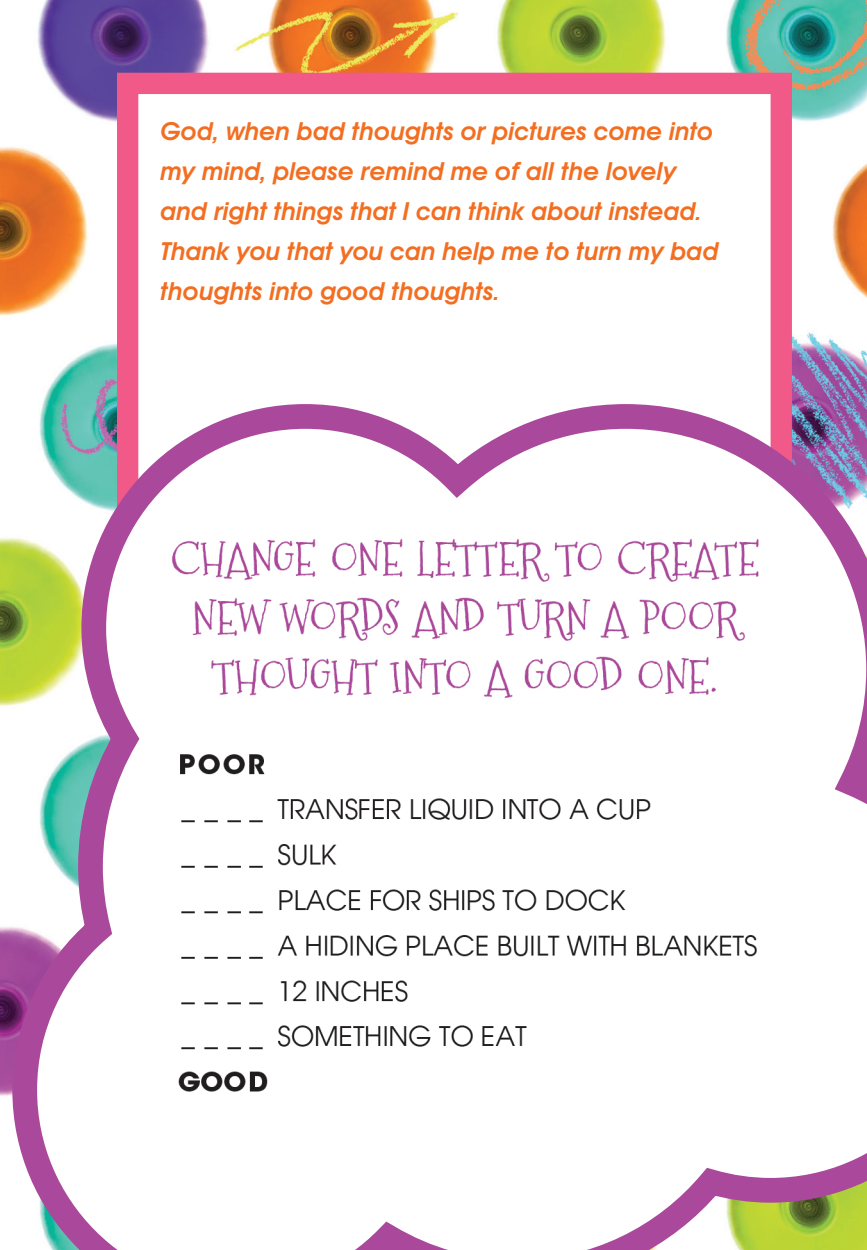
THINKING LOVELY THINGS

Continue to think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected.

PHILIPPIANS 4:8 ICB

Have you ever woken up from a bad dream? Sometimes yucky thoughts can get into our heads and it can be a little scary. Well, the words of the Bible tell us that there is something that we can do about bad thoughts. We can practice thinking about good things.

Try it now. Think of something that makes you laugh, or something that makes you feel happy. Think of something that makes you proud, or something that you are good at. Think of the things that you are thankful for in your life. See? You can think good thoughts!



God, when bad thoughts or pictures come into my mind, please remind me of all the lovely and right things that I can think about instead. Thank you that you can help me to turn my bad thoughts into good thoughts.

CHANGE ONE LETTER TO CREATE
NEW WORDS AND TURN A POOR
THOUGHT INTO A GOOD ONE.

POOR

- _____ TRANSFER LIQUID INTO A CUP
- _____ SULK
- _____ PLACE FOR SHIPS TO DOCK
- _____ A HIDING PLACE BUILT WITH BLANKETS
- _____ 12 INCHES
- _____ SOMETHING TO EAT

GOOD

Act of Gratitude

I am thankful for the ability to change my thoughts.

Here's what I am going to do this week
to show how grateful I am.

MY ROCK

There isn't anyone holy like the LORD.


There isn't anyone except him.

There isn't any Rock like our God.

1 SAMUEL 2:2 NIRV

What is the biggest rock that you have seen? Did you try to pick it up? How heavy do you think it was? Rocks are strong and secure and the biggest ones are almost impossible to move.

When we start to worry, or become afraid, we can think about God like a rock. No matter what it is we are going through, he won't move. He will stay strong and steady right beside us. He is bigger than any of our troubles or fears. We can always trust him!

The page features a vibrant background with several overlapping circles in shades of teal, lime green, orange, and purple. Some of these circles have faint, artistic scribbles or patterns on them. A thick pink rectangular border frames the top section of the page, enclosing a prayer. Below this, a large, white, cloud-like shape with a thick purple outline contains the 'DID YOU KNOW...' section. The text is written in a warm, orange-brown color.

God, I am so thankful that you are my rock and my protection. You never leave me alone. You stay right next to me, strong and secure. Help me to remember to turn to you first in everything I do.

DID YOU KNOW...

The world's biggest rock is called Mount Augustus. It is in Australia. It is about 3,000 feet high and covers an area of about 18 square miles. That is one very big rock! It can take up to five hours to climb to the top of the rock and back down. As big as this rock is, it still doesn't even compare to how big God is!

Act of Gratitude

I am thankful that God is my rock! He is always with me.

Here's what I am going to do this week
to show how grateful I am.


YOU CAN ALWAYS PRAY

*First, I tell you to pray for all people.
Ask God for the things people need,
and be thankful to him. You should pray for kings
and for all who have authority. Pray for the leaders
so that we can have quiet and peaceful lives—
lives full of worship and respect for God.*

1 TIMOTHY 2:1-2 NLT

Do you ever wonder what to pray about? It can be hard to think of things. The Bible says that you can start by praying for people. You could ask God to bring happiness to children in other countries, or to help kids at school to be brave. You can pray for everyone you know, like your teachers, people at church, and your own family. We should even pray for our country's leaders so they can lead us better.

If you think of people, you will have a lot to pray for. God loves it when you spend time with him praying for others and sharing what is on your heart. He is always ready to listen to what you have to say.



God, thank you for giving me a way to communicate with you. Thank you for listening to me when I pray. Remind me to spend time praying to you each day. Help me to think of people that need prayer. I want to be a blessing to others and show them how much you care.

DID YOU KNOW?

We pray because we have a God who listens and wants to be a part of our lives. Prayer is also good for our health! Multiple scientific studies have shown that people who pray regularly are healthier and live longer lives. Perhaps its greatest medicinal benefit is that prayer reduces stress, and too much stress can make us sick. No wonder God wants us to pray. When we do, we strengthen both our spirit and our body.

Act of Gratitude

I am thankful that God listens to me when I pray!

Here's what I am going to do this week
to show how grateful I am.
