

PIT STOP Pull over for a Gratitude Adjustment

WEEK 1

READ THIS FIRST

READ 1 Thessalonians 5:18

When you're playing baseball and notice that you're dropping a lot of balls, what do you do? Practice catching. How do you make sure you're ready for your piano recital? Practice playing. The same is true of our gratitude attitudes—it takes practice! We always have something to be grateful for, but we need to practice noticing what we have.

ACTIVITY: Find an old shoebox and cover it in paper. Write the word *Gratitude* on it and decorate it any way you'd like. This week, we're going to fill the box with things we're grateful for.

THANK God for giving you so many things to be grateful for!



DAY 1

Read Psalm 106:1

Some days are just awesome, everything-is-right days! When you have GREAT days, it's easy to be grateful, so it's a great place to start when practicing gratitude.

ACTIVITY: Draw a comic strip of the best day you've ever had. Think about the different parts of the day so you can include all the things and people that were there. When you're finished, put this card in your gratitude box too.

ASK God to help you see great things every day!

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WEEK 1

DAY 2

READ Ephesians 5:20

Some days are just normal, everything-is-average kind of days. They're probably filled with normal meals and normal clothes and normal people and normal school and normal chores and normal bedtimes. They're SO much the same that you might forget all the things that you have to be grateful for: homes, families, friends, food, beds, school, sports, and your church, just to name a few.

ACTIVITY: Ask your parents for some old magazines. Look through them and find pictures of things you're grateful for on a normal day. Cut those out and add them to your gratitude box.

LOOK around and notice how much God has blessed you.



DAY 3

Read Psalm 118:1

Some days are just terrible, seems-like-everything-bad-happens days. You get hurt, or maybe someone is mean to you, or you find out someone you love is really sick. Sometimes days are just bad because nothing goes your way. Bad days make it hard to show gratitude. But remember: you always have something to be grateful for. So in the midst of a bad day, dig deep and find something to be thankful about.

ACTIVITY: Take a walk around your home, neighborhood, or school. Look for something that helps you remember at least one thing you're grateful for. Tell God "Thanks!" right then and there!

KNOW that even on bad days, God loves you and cares about you.

READ THIS FIRST

READ Isaiah 25:1

Have you ever noticed that it's really hard to be thankful when you have a bad attitude about something? It's hard to notice good things and to let others know how they've helped you when you're weighed down with grumpy thoughts. What kinds of things regularly give you a bad attitude? Losing a game, a lot of homework, practicing something that's hard for you ... How can you fight through it and have an attitude of gratitude?

ACTIVITY: Find a spot in your house where you can start a "My Favorite Things" list. Add to it whenever you think of wonderful things in your life. See how it grows!

THANK God for showing you that you have plenty of reasons to be grateful.

READ Colossians 3:15

Does it ever feel like there is someone who always has more than you? Like as soon as you get new shoes, you notice that someone else has them in two different colors. Or maybe you're excited about a vacation and you find out someone else has already been—twice. Stuff like this makes it hard to be grateful, doesn't it? But that's when you need to take a pitstop to adjust your attitude. Instead of focusing on how much more *they* have, focus on how much you *do* have.

ACTIVITY: Ask 4 people who are older than you for suggestions on how to take a time out and adjust your attitude when you feel like someone always has more than you. Write their ideas down or even make a video of their answers!

ASK God to show you how to be grateful, even when you're not feeling it.

DAY 1

Design your own race car!



PIT STOP Pull over for a Gratitude Adjustment

WEEK 2

READ Colossians 3:17

DAY 2

Life is unfair sometimes. It's just the way it is. You see someone who should get in trouble and doesn't, you don't get what you think you deserve or what someone promised you. Unfortunately, it happens. But just because life isn't always fair, that doesn't mean there isn't still a lot to be grateful for—you just have to take time to adjust your attitude. When you notice how unfair something is, choose gratitude instead!

ACTIVITY: Read the unfair situations below. Pick one and finish the story. Make sure someone in your story ends up being grateful.

- 1) Your brother didn't do all of his chores, but your mom still gave him his allowance.
- 2) Your teacher promised the class free time, but your math lesson takes too long, so you don't get to enjoy it.
- 3) You study hard for a test and your friend doesn't study at all, but you both make an A.

LOOK for ways to be grateful even when it's hard. Tell God about them.

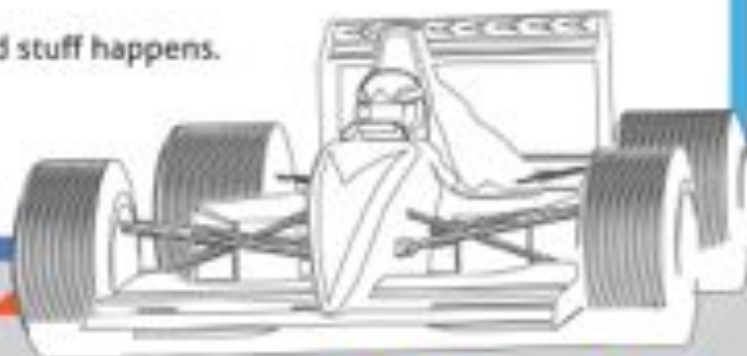
Read PHILIPPIANS 4:6

It's really hard to be grateful when bad stuff happens. Think about victims of tornadoes who lose everything they own, or someone who's very sick with cancer. When that kind of stuff happens, it's really important to take time to adjust your attitude. But when you choose to be grateful, despite the bad, then you won't miss out on all the ways God has blessed you.

ACTIVITY: Picture a first aid kit. You can ask God to change things, fix things, and heal things, while still being grateful. It's all about your attitude! Today's verse tells us how. Read it again. Tell Him about the things you wish were changed, fixed, or healed in your world.

KNOW that God is always God, even when bad stuff happens.

DAY 3



READ THIS FIRST

READ PHILIPPIANS 1:3

How do you feel when someone thanks you for helping them? Don't you feel noticed and appreciated? Saying "Thanks" lets others know that you notice—especially if you tell them exactly what you're thanking them for. There are so many people to thank in your daily lives: God, your parents, your teachers, coaches, friends, family, delivery people, waiters, babysitters—the list goes on and on!

ACTIVITY: Make a list of all the word choices that you can think of for saying "Thank you." Think outside the box, like other languages, gestures, and hand motions for showing gratitude. Try to think of at least 10 different ways.

THANK God for all the blessings in your life and take time to thank others too!

Saying Thanks

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



DAY 1

READ James 1:17

Every gift comes from God, and gifts come in many forms, not just in packages. They include things around you, people who serve you, and people who love you. Do you take the time to say "Thanks" for those things? When is the last time you thanked your parents? Your teacher? Your coach? Your mailman? God?

ACTIVITY: It's Thanksgiving week, so surprise your family with a new game to play while you eat. Get some craft sticks or slips of paper. Write down one question on each to help people think about their favorite things. Take turns drawing these out and answering. Then finish by telling God "Thanks"!

ASK God to help you remember to say "Thank you" for the good gifts in your life.

DAY 2**READ Psalm 105:1-2**

There are so many ways to say "Thank you"—one of the examples in the Bible is through songs of praise that thank God for all that He's done. And when you sing songs about how great God is and how He's helped you, anyone who hears your songs will know about it! Psalms is full of King David's songs of praise. He was full of gratitude for God's awesome blessings!

ACTIVITY: Have a dance-off with your friends or family, using some of your favorite worship songs. Pay attention to the words and sing them out loud so even the neighbors will hear!

LOOK for opportunities to thank God and thank others throughout the day.

**READ Psalm 107:21**

There are so many reasons to give thanks to the Lord. We have so many blessings to be grateful for—His love, His Son, His grace, His forgiveness. And there are so many different ways to thank God. We can sing to Him, we can pray, we can think about Him during the day, and we can tell others of His love. Can you think of more? It's so important to take the time to thank God, but it doesn't matter how you choose to do it!

ACTIVITY: Play a Gratitude Game with your family. Sit in a circle. The shortest person goes first and says something they're grateful for. Then the person to their left has 3 seconds or less to say something they're thankful, but no repeats! See how many times you can go around the circle before someone gets stuck.

KNOW that thanking God for all the wonderful things He does for us is a great way to praise Him.

DAY 3

READ THIS FIRST

READ Genesis 1:1-27

God has done so many amazing things and they are all around us! One of them is creation. He went through step-by-step, day-by-day, and created everything around us—and He made it all so beautiful! It was so great that when He got done each day, God took a look around and said, "It is good!" Have you ever stopped to thank God for everything that He made?

ACTIVITY: Go for a walk and take pictures or collect pieces of nature that you think are beautiful. Make a collection or a collage to remind you what God has done.

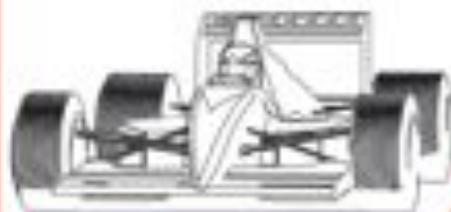
THANK God for each of His wonderfully-good creations!

DAY 1

READ Psalm 139:13-14

Did you know that when God made you, He knew exactly what He was doing? He's the master artist and you're His original masterpiece. That means that even if you don't like your nose or those freckles, God designed them exactly like that! He also made your brain, your skills, your talents, and He loves you! You are so special to God!

ACTIVITY: Ask your parents for a dry-erase marker (and permission), and then go take a look at yourself in the mirror. Study how great God made you. Circle your face and write above it: "Thank you God for making me _____" (Fill in the blank!)



ASK God to show you how special you are, and then thank Him for showing you that.

PIT STOP Pull over for a Gratitude Adjustment

WEEK 4

READ 2 CORINTHIANS 9:15

DAY 2

God did so many awesome things that there's a lot to celebrate. The biggest, most important thing that He did was sending Jesus. And He didn't just send His Son—He sent Jesus in the form of a baby, who grew into a man and lived a perfect life as an incredible example for the rest of us. Jesus is the best gift ever!

ACTIVITY: Do you ever send thank-you cards after you get birthday or Christmas presents? Let's thank God that way. Make Him a thank-you card, celebrating the gift of Jesus. Write Him a note and decorate the card, and then put it in your Bible to remind you of God's greatest gift.

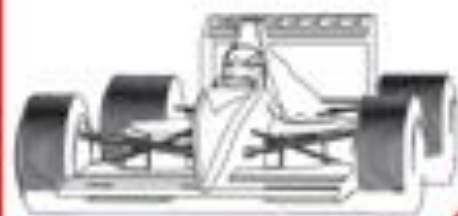
LISTEN to God's Word about the gift of Jesus. Take time to thank Him for it!

READ JOHN 6:51

DAY 3

Do you remember the story of the Passover right before Moses led the Israelites out of Egypt so they could be free? The disciples were celebrating that event when Jesus added a surprising twist to their tradition! He compared Himself to the bread and said His body was about to be broken for them. The big thing to remember is WHO sent this gift to us and to think about WHY He did that.

ACTIVITY: Think of another word picture or analogy that you could use to say what Jesus is like in your life. "Jesus is like _____ to me."



KNOW that it is because of God's love that He sent Jesus to us. Take a minute to think Him for this sacrifice AND for the happy ending to the story.