

PITSTOP Pull over for a Gratitude Adjustment

WEEK 1

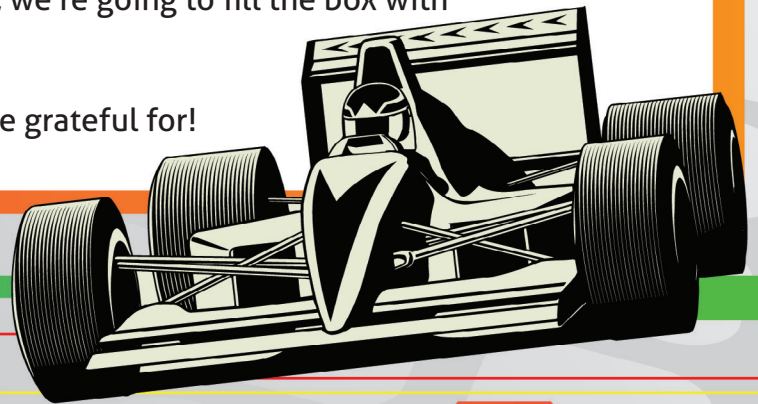
READ THIS FIRST

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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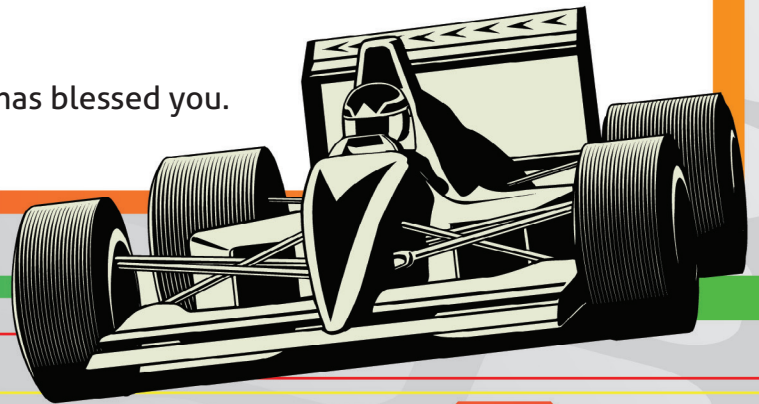
DAY 2

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.