

LIFE APP

Gratitude—Letting others know you see how they've helped you

BOTTOM LINE

Adjust your attitude.

KEY QUESTION

What is keeping you from being grateful?

BIBLE STORY FOCUS

The Story of the Workers in the Vineyard
Matthew 20:1-15

MEMORY VERSE

Give thanks to the Lord, because he is good. His faithful love continues forever.
Psalm 136:1, NIV

ACTIVITY: TURKEY TROT

WHAT YOU NEED

Ball, pillow or stuffed animal; kitchen chairs (or extra pillows/stuffed animals) for the course; timer; three identical small prizes (i.e. pieces of candy, etc.)

WHAT YOU DO

Create an obstacle course by placing your chairs one behind the other. (You could also use pillows or stuffed animals on the floor.)

Let your child run the obstacle course by weaving in and out of the lined-up chairs/stuffed animals/pillows. The only catch is, they have to keep a ball (or pillow/stuffed animal) between their legs the entire time. Time them for three rounds, seeing which round was the fastest. Give them the same prize (i.e. candy, etc.) after each round.

Say, "Wow, you were super-fast! Was it weird that I kept giving you the same prize, no matter what time you got? I bet the workers in today's story felt the same way. If you had been competing on the obstacle course against someone else, do you think you'd be jealous if they were slower than you, but they got the exact same prize?"

TALK ABOUT THE BIBLE STORY

What word best describes someone who is full of gratitude? (Happy, peaceful, content, easy)

Even on your worst day, what can you still be thankful for? (God, family, friends, food)

When the pandemic started this year, what could you still be grateful for—even though so many things were different?

What is a type of attitude that can get in the way of gratitude? (Selfishness, impatience, ungratefulness)

What should we focus on when we feel ungrateful?

Parent: Talk about your attitude during the pandemic. Talk about the times when it's been hard. Then, talk about the ways you tried to make the best of a bad situation.

PRAYER

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

“Dear God, we trust that You are generous and kind, even when we go through something that is hard. God, help us remember all that we DO have. When we feel like things aren't fair, help us adjust our attitude and choose to be grateful to You. Amen!”