

# Shout Out: Who've you thanked today?



Use this guide to help your family learn about gratitude.

First, watch this week's video!

**Gratitude:**  
Letting others know you see how they've helped you

### Memory Verse

"Give thanks to the Lord, because he is good. His faithful love continues forever."  
Proverbs 10:9, NIV

### Bible Story

The Lord's Supper/  
Passover  
1 Corinthians 11:23-26;  
Exodus 12

### Key Question

What are some good habits you have?

## Activity

### Tongue Twisters

#### What You Need:

No supplies needed

#### What You Do:

Invite your child to play a game. Show them the following tongue twisters, and challenge them to say each one five times as quickly as they can:

- Thanks, Frank
- Worldwide words
- Surely share
- Frank's thanks sank
- Praise raised for days
- Great grape gratitude
- Share everywhere
- Unique New York
- Seventy-seven benevolent elephants
- Six sticky skeletons

When you're finished, say, "Tongue twisters are fun because they're easy to remember—even if they're NOT easy to say! In our story today, we heard about some amazing habits that help us remember to be grateful to God."

## Talk About the Bible Story

What do people celebrate at Passover? (*The way God rescued the Israelites from being enslaved in Egypt; it was a habit of gratitude*)

What was the Last Supper? (*The last meal Jesus and His disciples shared together before He gave His life on the cross*)

At this special meal, why did Jesus ask His disciples to eat the bread and drink from the cup? (*He wanted them to remember what He was about to do for them on the cross. He set up communion as a habit of gratitude.*)

What habits do we celebrate today that help us remember what Jesus has done for us? (*Explain how your church celebrates communion, and how it's connected to what Jesus did at the Last Supper.*)

*Parent: Share about your experience celebrating communion, and how you grew to understand what it meant over the years.*

## Prayer

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

"Dear God, we are so thankful for all that You've done for us. Help us to get in the habit of being grateful—to You, and to the people we see each day. We are full of gratitude because we know that Your plans are always good. Thank You for setting up communion as a habit that helps us celebrate what Jesus did for us. We love You! Amen."