

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines consisting of 15 horizontal lines.



Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show.

Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

1. You liked: _____

2. You learned: _____

3. You'd like to know: _____

Day 2

Read 1 Corinthians 11:23-26

In Exodus 12, you can read all of the details of the Passover meal. This was the meal that God commanded His people to eat in remembrance and gratitude for being freed from slavery by the Egyptians.

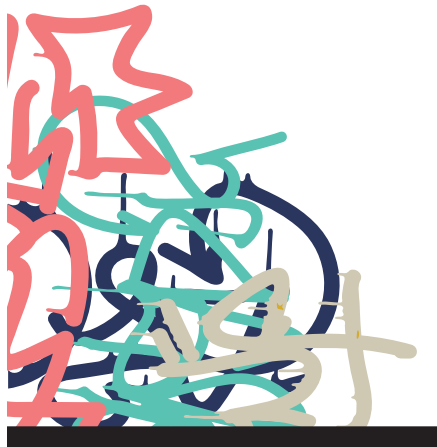
Then, in 1 Corinthians 11, we read about Jesus celebrating the Passover with His disciples the night before He was arrested. During that special meal we call the Last or Lord's Supper, Jesus gave His disciples a new command: to take the Lord's Supper in remembrance of His death for our salvation.

What does Jesus say these specific parts of the Last Supper represent?

The broken bread: _____

The cup/drink: _____

These meals may seem a little ceremonial and intimidating if you've never participated in one, but they serve a simple but very important purpose: to remind us of what God has done, and to call us to remember with gratitude.



Day 3

Is your family in the habit of praying at meal time? What about bed time, or when you wake up in the morning?

One of the best ways you can get in the habit of being grateful is to build times into the routine of your day when you are taking time to thank God. Try following this simple schedule today (or adjusting it to fit your personal schedule better):

When you wake up: Thank God for something you're looking forward to.

When you eat your meals: Thank God for your food, and for anyone who helped prepare the meal.

When you go to bed: Thank God for something that happened during the day.

When you build a routine of gratitude prayers, soon you will find it's a habit that brings joy and positivity into your day!

Day 4

It wasn't just a coincidence that both the Passover and the Last Supper were communal events.

God wants us to be grateful as individuals, but He also created us to live in commune with each other, and to live out our gratitude with others.

Invite a friend to share a meal or snack with you today, and as you eat, share with each other some of the things you are grateful for. (And don't forget to thank God for your food before you eat too!)

Reflect back on the month of gratitude. How has your outlook on life changed since you started making gratitude a habit? What new habits have you developed this month that you want to keep going forward?



Day 5

How are things going with your Gratitude Journal from Week 1? Are you keeping up with it?

If you are, awesome! You are well on your way to forming a habit of being grateful. Keep it up, and maybe even consider writing three things each day. It's okay if you have some repeats—some things are so awesome that you will want to celebrate them often! But try to think of new things too. They don't have to be "big" things either. Sometimes you might be thankful for your house, your family, and sometimes it might be chocolate or your favorite video game!

If you haven't been keeping up with it, try to figure out why. What are some other things you're in the habit of doing? Maybe thinking about why you're good at completing those tasks will help you figure out how to create this habit. Does a particular time of day work better for you? Perhaps you need to stick the journal somewhere you'll see it when you first wake up, or as you're about to go to sleep at night? It doesn't matter when or where you take time to be grateful, just that you get in the habit of being grateful!