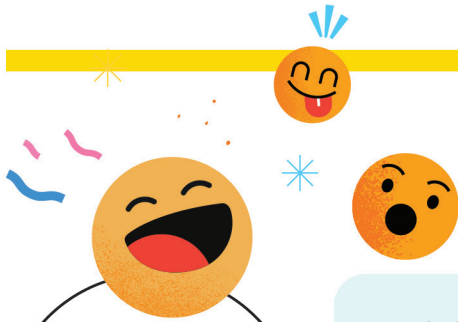


Shout Out: Who've you thanked today?



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."
Psalm 136:1, NIV

Bible Story

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

Bottom Line

Make a habit of
being grateful.

Activity

Do You Remember?

What You Need:

Paper, writing utensil, phone timer

What You Do:

Take your child into a room in your home. Tell them to study everything in the room carefully. Set your timer for 30 seconds.

When the timer goes off, take your child into another area of your home. Give them the paper and writing utensil, and ask them to write down or draw everything in the room they remember of a certain color. For example, have them write down everything they remember seeing that was the color yellow.

When they're finished, take them back into the room and count how many items they remembered.

Say, "When we're asked to find something, suddenly we start to notice it so much more! Just like you looked for a specific color, we can look for things to be grateful for in our own lives. 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:

"God, there's so much to thank You for! The best part is that we can talk to You and thank You throughout our day. Thank You for always being with us, and thank You for sending Jesus to be our Savior. Thank You for setting up communion as a habit that helps us celebrate what Jesus did for us. We love You. Amen!"