



# Gratitude



## What is it?

- Being thankful and appreciative
- Having a great attitude no matter the circumstance



## How?

- Thank God in all circumstances
- Remember what God has done for you

Every day write down 10 things you are thankful for. Think outside of the box. Be specific. Write down people by name, and think of little things like ice cream, the sun, and butterflies. Nothing is too small to thank God for.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							

**EXTRA TIME:** Read Luke 17:11-19. Only 1 of the 10 lepers came back to thank Jesus. Have you done something for someone and they didn't say thank you? How did you feel? God loves it when we thank Him. When we thank Him no matter what is happening, it helps us look beyond our circumstance and know that God will look after us.