

FAMILY LESSON: How to have a grateful heart!

****PREPARATION:**

* Before Family Night begins, write each person in your family a 'thank you' note expressing gratitude for each one of them. Hang on to them...you'll be giving them out soon.

OBJECT LESSON:

Hand each person a piece of candy and a small rock to put in their shoe. Ask them to walk around until you tell them to stop. (Yes...they can eat their candy.) After a couple of minutes, have them sit down. Ask them to tell you about their "walk." Typically, they will complain about how uncomfortable the rock was, but no one will talk about how great the candy was. Take a few minutes to explain that there are ALWAYS things to be grateful for, even when we are being challenged and facing hard things. Encourage them to be mindful of all the good things in their lives.

*Tell the story of the Ten Lepers, *Luke 17:11-19*. (I LOVE using this story when talking about gratitude!) After the story, ask some questions...

1. How many of the ten came back to express gratitude? Why do you think the others did not return?
2. How would you feel if you did something nice for ten people and only one said thank you?
3. What does it mean to have a grateful heart? Why is it so important for us to be grateful?
4. What are some ways we can show gratitude?
5. How do we feel when we show gratitude? Is it possible to feel bad when expressing gratitude?

GAME:

ABC Gratitude Game: Have each member of the family take turns saying something they are grateful for. The first person has to say something that starts with the letter "A". The next person, the letter "B". Continue until you have reached the end of the alphabet.

ACTIVITY:

Hand each person the personal thank you notes that you wrote for them. After they read them, ask them how the notes made them feel. Have them each think of one person they are grateful for. Print these thank you cards out here and give one to each member of the family. Take a few minutes to write a thank you note to someone you are thankful for.

End the night with a reminder to show gratitude. We CANNOT feel bad inside when we are focusing on all the blessings that are ours. It's not possible! That is one of my favorite things about showing gratitude. We instantly forget ourselves, we forget all the icky stuff going on in our lives, and happiness just trickles on in! Challenge your family to think of ten things they are grateful for each day for the following week. Maybe even take some time to share them with each other at dinner. A grateful heart is a happy heart!

TREAT:

How can you go wrong with these amazing Pumpkin Chocolate Chip cookies?! Again...super quick, really easy to make and ridiculously delicious! For an added bonus, take these goodies with some of the thank you notes and deliver them!