

#### MAIN POINT:

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**Psalms – God is Worthy of Our Thanks** We can be thankful to God for what He has done and for who He is. God hears us and cares about our every moment. And He loves it when we call to Him in prayer. He is always ready to listen. In fact, God deeply wants you to invite Him into every moment of your life, not just call to Him when you are in trouble or just when things are going well, but in everything you do. We can also be thankful by *showing* thankfulness. When we act in God honoring ways, we are showing God that we are thankful for all He does for us. God is worthy of our thanks. He's an awesome God.

#### FAMILY DISCUSSION:

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- 1. How do you like to unwind after a stressful day at school?**  
*(Crash on the couch, watch tv, play outside, have a snack.)*
- 2. Do you see yourself as a thankful person? Why is that?**
- 3. In what areas do you find it hard to be thankful?** *(Maybe for an education if you are not fond of school, maybe for chores even though they teach you responsibility and life skills, maybe for your lunch or dinner even though it's not your favourite.)*
- 4. Today we learned about 3 ways we can grow thanksgiving in our lives:**
  - *Reminding ourselves of the truth of who God is*
  - *Inviting Him into every moment of our lives*
  - *Showing our thankfulness*

**Which area do you think you could try this week to grow thankfulness in your life?**

- 5. If a friend asked you how you can be thankful during good times and in bad times, how would you explain it to them?** *(Maybe it helps to know that God is always with us, remember that God works out bad things for His good, there is growth in bad times. )*

#### FAMILY PRAYER:

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Ask your child how you can pray for them.

- What is their biggest concern this week?
- Where do they see God working in their life?

Pray with and for your child.

- Pray that your children will always remember God's greatness and to give thanks to him in all circumstances.

- Pray this over them: May (child's name) eyes be open to Your work, Lord, in and around them. May his/her heart be humbled that You are active in his/her life because of Your great love. May my child be reminded each day of the many things to be thankful for.