

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



Horizontal lines for journaling.



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 Thessalonians 5:18

Read 1 Thessalonians 5:18 out loud. When you say “give thanks” and “God wants you to thank Him,” do the following sign from American Sign Language, which means to thank God.

Search how to sign this:

<https://www.signingsavvy.com/sign/THANKS/7585/1>

It’s not a coincidence that the sign has you moving your hands upward, as though to God, because in American Sign Language, you move your hands in the direction of the person you’re thanking. Every time you notice something great today, make the sign as a remembrance that you’re thanking God. You always have something to be grateful for!



Day 3

Hopefully when you talk to God, you include some time for gratitude.

Hopefully when you talk to God, you include some time for gratitude. But today, pray a prayer that’s only gratitude. Start out by writing at least three things below that you are thankful for.

Now take some time to thank Him for the good things He is doing in your life and all the gifts He’s given you, making sure to mention the things you’ve written above. Be specific in your prayer, telling God exactly why you’re thankful for those things!

Day 4

Gratitude is contagious, so today, find a friend or family member with whom you can share the list you made yesterday.

Just as you did when you prayed, get specific, sharing exactly why you’re thankful for the things on your list.

Ask a friend what they are thankful for, and if they struggle to come up with some things, help them see some of the gifts and blessings in their own life. Share 1 Thessalonians 5:18 with them, reminding them that we should give thanks no matter what happens!



Day 5

Look around your house for a notebook or journal (be sure and ask if it’s not yours!).

If you can’t find one, grab some blank sheets of paper and find a way to bind them (paper clip, staple, tape, etc.)

On the front of your journal (or the first page, if you can’t write on the cover), write the words GRATITUDE JOURNAL. Use your creativity to decorate and personalize your journal.

Go back and look at what you wrote on Day 3 of your GodTime card. You wrote three things you’re thankful for, but you likely have far more than three things to thank God for! For the next month, try to write 1-2 things in your gratitude journal every single day that you’re thankful for. And don’t stop there . . . aim for a lifetime of gratitude journaling because you always have something to be grateful for.