



Raising UP SPIRITUAL CHAMPIONS

GRATEFUL: For Blessings

Also in this newsletter:

- Connect Your Kids to God • Family Fun • Easy Bonus Activity

TIP:
Display this newsletter at home, and use the activities as desired throughout the week.



Questions to Go at bedtime, mealtime or car time

- What's something good that happened to you today?
- What other blessings—things that make you happy or something that's good for you—are you thankful for?
- How do you express your gratitude to God for His blessings?

Verse to Chew on

"The Lord is my shepherd, I shall lack nothing" (Psalm 23:1, NIV).

- Read this verse with your kids. You may want to read the whole 23rd Psalm from your Bible.
- Talk with your kids about what God has provided for your family. Take a moment to thank Him.

Character Builder: Grateful

Help your kids express their gratitude with these activities.

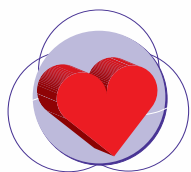
- **Ask your kids** to think of material blessings they are grateful for. What kind of spiritual blessings can you think of? Don't forget to include that God chose you and adopted you as His children by forgiving your sins. As His children, you will inherit His kingdom, eternal life with Him (see Ephesians 1:3-8).
- **Count your blessings**, name them one by one, as one song says. Write them down, draw them, or take turns naming them out loud. How long can you go?
- **Make a poster** to remind your family to be grateful for blessings. Write "Thank God for . . ." and let each person jot down what they are grateful for, especially things we might take for granted—"soft tissues when you have a bad cold" or "clean clothes" or "a new friend."
- **People can be** a blessing, too. Think of ways you are thankful for the way your family loves and cares for you. Share out loud so others can be blessed.

Prayer for Meals

Jesus gave thanks before having meals with His disciples. Develop in your kids this habit of being thankful for everything. Begin each meal with a prayer of thanks. Do it when you go out to eat and when you have people over, too.

Preschool Focus

As you walk through your house with your kids, take turns thanking God for good things you see. You may say, "Thank You, God, that we have lights and beds." Your child may say, "Thank You, God, for my soft blanket."



Connect Your Kids to God

What kinds of things should I ask God for?

Ask God for whatever you need, and thank Him for His provision. Ask Him to help you to make right choices and to forgive you when you sin. Ask for His wisdom when you have an important decision to make, and for His help in knowing how much He loves you. Ask God to help others, especially those who are sick. Ask Him to give you and your friends and family opportunities to tell people about Jesus so they can know Him, too.

Don't worry, though. You don't need to ask Him all of this at once or every time you pray.

You Can Do It!

- Periodically read one of these Scripture passages with your kids to give them ideas about different things they can ask God for.
- Whatever you need: Philippians 4:16; help to make right choices: Colossians 1:10; forgiveness: 1 John 1:9; wisdom: James 1:5; strength and reassurance of His love: Ephesians 3:16–18; healing: James 5:14; opportunities to share Jesus: Colossians 4:30; Philimon 1:6.

Family Fun

Enjoy optical illusions with your family. Introduce these to your kids. Let them tell you about others they know.

- **A Hole in Your Hand?** Look through a rolled-up piece of paper, and, keeping both eyes open, look in the distance. Put your hand in front of the eye that doesn't have the roll. Move your hand back until you can see through a hole in your hand.
- **An Extra Finger?** Put your closed fists in front of you, arms stretched out. Extend your pointer fingers so they're pointing at each other. Look at something past them. Does an extra finger portion appear between your fingers?

Visit www.raisingupspiritualchampions.com for more Family Fun.

Did You Know?

"He who walks with the wise grows wise, but a companion of fools suffers harm." —Proverbs 13:20, NIV

Easy Bonus Activity

After dinner or at bedtime, read Psalm 136 together. Read the first part of each verse, and let your kids say it together: "His love endures forever." You may want to continue and make up your own phrases for things you are grateful for, followed by "His love endures forever."

Preschool Focus

Make an "I'm Thankful" picture book with your kids. Draw pictures, cut them out of magazines, or take pictures with a camera. Glue the pictures to sheets of paper stapled together to make a book. Let your kids dictate words for each page or let them copy words you write out. Ask them to "read" their book to the rest of the family.