



Dwelling on Thankfulness & Gratefulness

Every day, set aside 30 minutes to sit down together as a family to do the following:

1. Reading

- Spend 10 minutes reading **one of the following passages** together.
- Divide it among your family so that everyone gets a chance to read.
 - 1 Chronicles 16:34**
 - Psalms 9:1**
 - Colossians 3:15**
 - Psalms 100:4**
 - 2 Corinthians 9:11**
 - 1 Thessalonians 5:18**
 - 1 Corinthians 15:57**
- After reading, ask the following questions:
 - **Consider...**What stands out to you from this text?
 - **He is...**What do we learn about God?
 - **We are...**What do we learn about people?
 - **I will...**What has the Holy Spirit revealed to you in this passage, and how will you obey it in your life this week?
 - **You can...**Who do you know who needs to hear this?

2. Praying

- Spend 10 minutes praying together.
- Find a quiet space that your family can gather together. Adults, lead the prayer time and invite your students to join in.
- Ask the questions, “*who do we need to pray for?*”; “*what needs are we aware of within our family, friend, and neighbor circles?*”

3. Journaling

- Spend 10 minutes journaling together.
- Have paper and something to write with ready.
- Write down what stood out to you from the text you read as a family.
- Write down what you can remember from prayer time. (Thoughts about specific people, places, or events that were prayed for, as well as any personal thoughts.)

4. Repeat Daily