

# Shout Out: Let 'em Know You're Thankful

Use this guide to help your family learn how  
God wants us to be grateful.

First, watch  
this week's  
video!

Gratitude:  
Letting others  
know you see  
how they've  
helped you

## Memory Verse

Give thanks to  
the Lord, because  
he is good. His  
faithful love  
continues forever.  
Psalm 136:1, NIV

## Bible Story

Lord's Supper /  
Last Supper  
1 Corinthians 11:23–26,  
Exodus 12

## Key Question

What helps you  
remember to be  
grateful?

## Activity

### Paper Plate Circle

#### WHAT YOU NEED:

Six or more paper plates (or sheets of paper), and  
something to write with

#### WHAT YOU DO:

On one side of each paper plate, write down the name  
of a person who lives in your home. If you need to add  
names to get to six, add the names of the people your  
family is closest to. (You can have more than six.)

Then, using the paper plates, form a circle on the  
floor. The names should be face down on the floor.

Play a game with your child. Tell them to start at one paper  
plate, then move left or right around the circle, depending  
on their responses to the following statements.

- Move one plate to the left if you said thank you  
to someone today.
- Move one plate to the right if you can  
remember what you were given for your  
birthday last year.
- Move two plates to the right if you did  
something for someone today and they  
thanked you for it.
- Move one plate to the right if you can think of  
something you're grateful for right now.
- Move two plates to the right if you sometimes  
forget to say thanks.
- Move one plate to the left if you thanked God  
the last time you ate a meal.

Now say, "Pick up the paper plate and read the name on  
the back. In the next 24 hours, think of one thing that  
person has done for you that you're grateful for, and  
tell them thank you. You can tell them to their face, you  
can write them a note, or you can call or text them."

If you have time, repeat the process by starting on a  
different plate for the second round.

Follow up with your child tomorrow and ask if they  
completed their "thank you challenge."

## Talk About the Bible Story

What happened during the first Passover?  
(*God saved His people from the last  
plague in Egypt by passing over the  
houses of the people who had lamb's  
blood painted on their doorframes.*)

Why did people continue to celebrate  
Passover? (*to remember that God  
rescued them from slavery*)

What are some of the things that were  
a part of the Passover celebration?  
(*People ate a meal with lamb and flat  
bread.*)

Why do followers of Jesus celebrate  
communion, or the Lord's Supper? (*to  
remember that Jesus rescued us by  
dying on a cross for our sins*)

What helps you remember to be  
grateful?

## Prayer

Use this prayer as a guide, either  
after talking about the Bible story  
or sometime before bed tonight:

"Dear God, when You sent us Jesus,  
You gave us the one thing we can  
always be grateful for every day. Even  
on our worst days, we can be thankful  
because we know You are watching  
over us and Your plans are always  
good. Help us to remember what  
You've done for us and to thank You  
often. In Jesus' name, amen."