

1st- 5th Grade Small Group Lesson

Session Title: A Thankful Heart

Bible Passage: 1 Thessalonians 5:16-18

Main Point: Being mindful and thankful for all of God's blessings

Key Passage: 1 Thessalonians 5:16-18

Christ Connection: God has given us blessings in all things, positive and negative, challenging, and joyful. The most wonderful thing He gives us is Christ. The Gospel of salvation is a blessing that we should remember with thanksgiving every day of the year.



What Are We Thankful For?

Materials: Turkey sheet (1 per child) & marker/pens/crayons

Give each person a Turkey sheet below and put the pens/markers/crayons in the middle of the table. Ask the group to think about how God has blessed them and their family. Have the group write these things on each of the turkey's feathers. *(It could be a person who was helpful, or something fun they got to do, friend, teacher, extended family member, health, Jesus, etc.)* They can color the turkey and hang it in their house as a reminder of God's blessings. Once everyone has had a chance to write what they're thankful for then discuss the following questions:

- **Discuss 'Why' they are thankful for some of things they wrote down?**
 - **For example:**
 - *thankful for parents reading to me, taking me somewhere, dinner, laundry*
 - *thankful for Jesus because He forgave us*
 - *thankful for school for great teachers & great food!*
 - *Thankful for church for teaching me about God*
 - *thankful for my health so I can run fast and play tag*
- **How can we show others a grateful & thankful heart?** *(Prayer, serving others, writing thank you cards, sharing what God has given, taking good care of their health)*

When our hearts appreciate what God has done, we should do something to show that gratitude. Writing down things that we're thankful for helps us remember how God blesses us every day.

Thankful Hearts

