

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
1Corinthians 11:23-26,
Exodus 12

Key Question

What helps you
remember to be
grateful?

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



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: _____

Journal

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



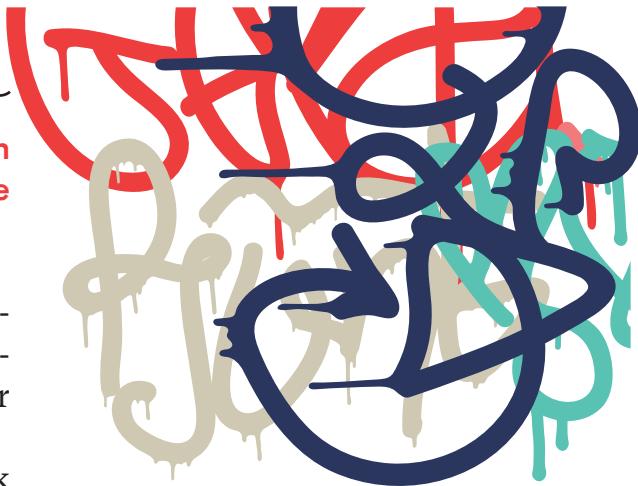
Day 4

It wasn't just a coincidence that both the Passover and the Last Supper were communal events.

God wants us to be grateful as individuals, but He also created us to live in commune with each other, and to live out our gratitude with others.

Invite a friend to share a meal or snack with you today, and as you eat, share with each other some of the things you are grateful for. (And don't forget to thank God for your food before you eat too!)

Reflect back on the month of gratitude. How has your outlook on life changed since you started making gratitude a habit? What new habits have you developed this month that you want to keep going forward?



Day 5

How are things going with your Gratitude Journal from Week 1? Are you keeping up with it?

If you are, awesome! You are well on your way to forming a habit of being grateful. Keep it up, and maybe even consider writing three things each day. It's okay if you have some repeats—some things are so awesome that you will want to celebrate them often! But try to think of new things too. They don't have to be "big" things either. Sometimes you might be thankful for your house, your family, and sometimes it might be chocolate or your favorite video game!

If you haven't been keeping up with it, try to figure out why. What are some other things you're in the habit of doing? Maybe thinking about why you're good at completing those tasks will help you figure out how to create this habit. Does a particular time of day work better for you? Perhaps you need to stick the journal somewhere you'll see it when you first wake up, or as you're about to go to sleep at night? It doesn't matter when or where you take time to be grateful, just that you get in the habit of being grateful!

Day 2

Read 1 Corinthians 11:23-26

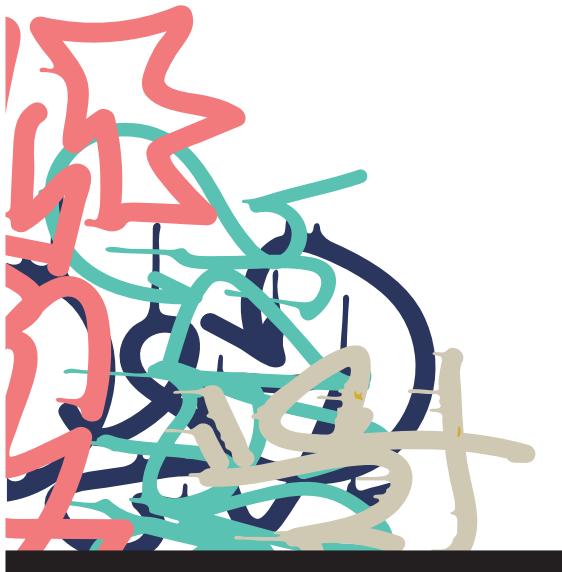
In Exodus 12, you can read all of the details of the Passover meal. This was the meal that God commanded His people to eat in remembrance and gratitude for being freed from slavery by the Egyptians.

Then, in 1 Corinthians 11, we read about Jesus celebrating the Passover with His disciples the night before He was arrested. During that special meal we call the Last or Lord's Supper, Jesus gave His disciples a new command: to take the Lord's Supper in remembrance of His death for our salvation.

What does Jesus say these specific parts of the Last Supper represent?

The broken bread: _____
The cup/drink: _____

These meals may seem a little ceremonial and intimidating if you've never participated in one, but they serve a simple but very important purpose: to remind us of what God has done, and to call us to remember with gratitude.



Day 3

Is your family in the habit of praying at meal time? What about bed time, or when you wake up in the morning?

One of the best ways you can get in the habit of being grateful is to build times into the routine of your day when you are taking time to thank God. Try following this simple schedule today (or adjusting it to fit your personal schedule better):

When you wake up: Thank God for something you're looking forward to.

When you eat your meals: Thank God for your food, and for anyone who helped prepare the meal.

When you go to bed: Thank God for something that happened during the day.

When you build a routine of gratitude prayers, soon you will find it's a habit that brings joy and positivity into your day!

NOVEMBER
2020

Preteen

WEEKLY CUES

YOU GOT
THIS!

Theme

Shout Out: Let 'em Know You're Thankful

Gratitude is letting others know you see how they've helped you.

REMEMBER THIS

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

Week Five

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

Ask This

What helps you remember to be grateful?

Do This



Bed Time

What do you think it means to adjust your attitude? Share some situations at home or school where you could "adjust your attitude." Brainstorm some ways you could approach those situations differently. Pray for each other, that God will help you face everything this week with an attitude of gratitude.

The goal in
parenting isn't
perfection,
it's progress.

—Sissy Goff

For blog posts and parenting resources, visit TheParentCue.org



Download the free Parent Cue App
AVAILABLE FOR IOS AND ANDROID DEVICES