



GRATITUDE

BB7

Related values

joy, hope, responsibility

Intro & Object Journal/ Diary...



Equipment

Four Journal pages

Game

Appendix B

Four pages of a journal spelling out
GR- AT- IT- TUDE

Story

Appendix A

Acts 9: 1-22

Reflection

Appendix B

An Attitude of Gratitude is a way
of being always thankful no
matter what our circumstances.

Song suggestion

'10,000 Reasons'
Matt Redman

Follow-up
activity

Can you start writing a
journal? Start with 3 things
you're grateful for everyday!

Suggested Entry Music

'Gratitude'
Brandon Lake

Prayer

**(Children to hold one hand out
palm up on Attitude and the
other on Gratitude)**

Dear God, help me to develop an
ATTITUDE of GRATITUDE – where I
can be thankful for everything I
have and everything you've given
to me and where I can wave **(both
hands wave)** goodbye to my
worries! Amen

Notes:





Story

Acts 9: 1-22

The Bible is not just one book, but a whole library, 66 books with different types of writing and stories, songs and letters... let's explore it together.

Today we're exploring a story from the New Testament, the second half of the Bible. It's all about a man called Paul (known as Saul back then). If Paul had kept a journal it might have sounded a bit like this...

Sunday, January 24th 34AD: Yes! I managed to pressure the Chief Priests into giving me lots of arrest warrants to take to the city of Damascus tomorrow where I hope to hunt down lots of new followers of Jesus, arrest them and bring them back to Jerusalem to put in prison! So excited about this.

Monday, January 25th: Today has been crazy! I set out early this morning to travel to Damascus. I brought a few others with me to help in the search. As we were getting near to the city, a bright light seemed to surround me and I fell to the ground! Then I heard a loud voice saying "Saul, Saul, why are you out to get me?". I asked who was speaking and the voice answered me, "I am Jesus, the one you are hunting down... now get up and go into the city and wait". As I tried to get up, I realised I couldn't see a thing. I was totally blind. So the people who were travelling with me helped me up and took me into the city.

Wednesday, January 27th: I have been waiting now for two days. I cannot see. I'm not eating anything either. I'm not even sure what or who I am waiting for. I wonder if I'll get to talk to Jesus again?

Thursday, January 28th: Today was amazing! A man called Ananias, a follower of Jesus, came to find me. He said that Jesus had told him exactly where I was staying and that he needed to pray for me so I could see again, but also be filled with the Holy Spirit! And he was right! I *can* see again and I *feel* different. I don't have this hatred in my heart anymore for anyone, all I want to do is tell everyone how wonderful Jesus is and how he can change a hard-heart into a happy-heart! I am so grateful that I met him! Oh yes, almost forgot... from now on I will not be known as Saul, as Saul is the man I was, but Paul is the man I am now... because of Jesus!



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Introduction / Object Lesson

I like to keep a journal. I like to write down things that happen, prayers to God and quotes from books, songs or people. I like to look back at all my entries and see the journey I've been on - both the good and the not so good! We're going to be exploring the writings of a man called Paul today. Just as if we had his diary or journal with us. Paul liked to write his thoughts, feelings, prayers and experiences down on paper and amazingly we have quite a few of them to read and learn from today because they are included in the Bible.

Game: When the children are coming into assembly give four children a folded up journal page each. Ask these four to now come up to the front and unfold their pages. From the letters on their pages can they spell a word? (GR-AT-IT-TUDE)
Have you heard of this word before? What do you think it means?

Reflection

Paul lived out an ATTITUDE of GRATITUDE. He understood that being thankful for everything he had was the best way to not feel unhappy about always wanting more.

Paul had a very clear idea of who he was thankful to and what he was thankful for. He famously wrote down, "I consider everything rubbish compared to knowing Jesus!" (Phil 3 v8)

For Paul, nothing compared to the joy of knowing Jesus and the hope that gave him... even when he faced people being unkind to him or being arrested and put into prison just because he told people about God's love.

Let's look at the picture:

What makes you happy and thankful?

What gives you hope?

Science Bit: Neuroscientific studies have proven that the brain cannot respond to anxiety and gratitude at the same time, which means it's one or the other. Gratitude chases away our worries!

Having an Attitude of Gratitude is a way of being. It's remembering every day that you have so much to be thankful for, even when things aren't going your way. I loved one particular journal I had, because every day it started with asking me to think of and write down three things I was grateful for. It then asked me to write down three things I wanted to ask, pray or get help with. When I look back at all my journal pages now, I see that those things I asked for help with turned into the things I was thankful for!

I was so grateful that I had prayed about it or asked for help with it!

I wonder if you have an Attitude of Gratitude? Can you find things to say thank you for, even when things aren't great? Can you try and grow an Attitude of Gratitude by practicing saying thank you and finding the joy in the small things?

- What three things could you say thank you for today? (Get some to share out loud)

Follow-up Activity: Could you start writing or drawing in a journal? Maybe write or draw three things every day (or week) that you are grateful for, and then another three things you'd like to ask for help with. Then either ask God or a trusted adult or friend to help. Remember to say "thank you" when the prayer/ problem is answered and resolved.



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