



HAVING
A
THANKFUL
Heart



Study Booklet **2016**



Stuff About Me:

My birthday:

My favourite book:

My favourite song:

.....

My favourite place to be:

My favourite thing to do:

.....

.....

My favourite Bible verse:

My favourite colour:

My favourite sport:

My best friend's name:

.....

This is how my best friend would describe me:

.....

.....

My favourite school subject:

My favourite instrument:

Number of brothers and sisters:

My favourite family memory:

.....

.....



What will you do?

Tick your commitment(s)!

- Living the secret is a choice I'm making today.
- With God's help, I want to have a thankful heart.
- I will give thanks to the Lord; for He is good; His love endures forever!



Signature: Date:

Happiness is...

Have you ever thought or said, "I'll be happy when..." I'll be happy when I get older, my grades are even better, my parents don't have to work as hard, or when my aunt's cancer goes away. What are some things that you thought - whether a long time ago or today

- would make you content and happy?

- Being rich
- Being popular
- Being beautiful
- Being healthy
- Being smart
- Being funny
- Being athletic
- Being artistic

- Being musical
- Being cute
- Being famous
- Being successful
- Other:
- Other:
- Other:
- Other:



I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation whether well fed or hungry; whether living in plenty or in want.

Phillippians 4:12

The secret to being content, the secret to living a joy-fille life no matter what's going on is to have a real relationship with Jesus Christ! Is Jesus your Saviour, your Friend, your everything? Nothing else - no person, no thing, no dream - will satisfy your happiness hunger. Jesus is the only one who gives joy and contentment!

PLACE OR DRAW A PICTURE OF YOU BEING FULL OF JOY!



This is the relationship I have with Jesus:

.....

.....

.....



Giving Thanks for a Broken Leg?

Can you think of some things or circumstances in which you have a hard time saying thank you to God? Maybe you can think of something that feels impossible to give thanks for! God tells us that He wants us to give thanks in all circumstances not for all circumstances. What's the difference? It means that although you don't have to thank God for a broken leg, you can thank Him that He is with you every step of the way - crutches and all.

LIST FIVE THINGS IN YOUR LIFE THAT IS DIFFICULT TO THANK GOD FOR:

1.
2.
3.
4.
5.

Look at each circumstance.

1. Pick!

Will you choose to grumble or will you choose to thank God in each difficulty because He will be with you in the pain? God wants you to rely on Him.

2. Pray!

Bow your head, fold your hands, and tell God what you are thinking and feeling. Maybe your prayers will be said in tears as you pour out your fear, pain, anger, and loneliness to Him. Maybe your prayers will be filled with joy as you think about all that is good in your life. All prayers are heard by God. Nothing you tell God is too hard for Him. He will never leave you. Whatever your situation, thank Him that He will always be there for you.

3. Praise!

We don't praise God for bad things; we praise Him that even in the middle of a difficult situation, He is our refuge, a place to go to be comforted and encouraged. Write a thank you note of praise to God.

Dear God,

.....

.....

.....

.....

Give thanks in all circumstances, for this is Gods will for you in Christ Jesus. 1 Thessalonians 5:18

Amen



GIVING THANKS IS A CHOICE. PICK YOUR CHOICE!

- I will choose to give thanks only for good circumstances.
- I will choose to give thanks only when I feel like it.
- I will choose to give thanks in all circumstances.

Why?

Why must we give thanks? When we think about who God is, the better question is, "How can we NOT give thanks?" Our life is a generous gift from God! The air we breathe and each new day is a gift from Him. If we take God's gifts for granted, we brush-off, ignore, and snub our God, the giver of all things. What can you give thanks to God for today?

God gave the greatest gift of all to us-His Son, Jesus Christ. Check all the attributes and names of Jesus that you are thankful for: I'm thankful that Jesus is . . .

- | | | | | | |
|--------------------------|------------------------|--------------------------|-------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | The Light of the World | <input type="checkbox"/> | Compassionate | <input type="checkbox"/> | My Rock |
| <input type="checkbox"/> | My Friend | <input type="checkbox"/> | The Truth | <input type="checkbox"/> | Faithful |
| <input type="checkbox"/> | Forgiving | <input type="checkbox"/> | My Saviour | <input type="checkbox"/> | The Wonderful Counsellor |
| <input type="checkbox"/> | The King of kings | <input type="checkbox"/> | Love | <input type="checkbox"/> | My Provider |
| <input type="checkbox"/> | My Protector | <input type="checkbox"/> | The Good Shepherd | <input type="checkbox"/> | Good |



A Circle of Thanks

Have your small group sit in a circle. Go around your circle five times with everyone giving thanks to God! Answer the following question with one or two word answers.



Round 1:

God, thank you for.
(List a thing. Example: sunshine).

Round 2:

God, thank you for.
(List a person. Example: my sister).

Round 3:

God, thank you for.
(List a place. Example: A nearby National Park).

Round 4:

God, thank you that you are my.
(Example: Creator).

Round 5:

God, you are so good to me! Thank you for.
(Example: your love!).

Put the theme into action!

GEMS/Cadets, the next two activities are with your small group, and then choose one additional option to do on your own. Go and live the secret!

Small Group Activities

1. On a large sheet of paper write or draw reasons why your small group is thankful to God. Colour coordinate your words and pictures!
2. After putting your name into a hat and drawing out one name, you will finish this sentence, "I'm thankful for (name drawn) because "

CHOOSE ONE OF THE FOLLOWING TO DO ON YOUR OWN.

1

Read a book, magazine article, or research on the Internet (with an adult present!) about children around the world who live in horrible conditions. What country did you research? What is the need of the children there? Pray for these children for the next seven days.

2

Write a thank you note to someone in your life who has cared for you, taught you, or told you about Jesus. Write the reasons that you are thankful for him or her.

3

Make a list from A to Z of things you're thankful to God for.

7

Talk to a friend, neighbour, or classmate about what it means to be Living the Secret! Having a Thankful Heart.

6

Make a Thankful Box. Decorate a shoebox with coloured paper and set it on your dresser. Whenever you've had a bad day-maybe it was a difficult circumstance, maybe it's a person you're upset with - write it down on a piece of paper. On the back of the piece of paper write a note to God telling Him why you're thankful for this person or why you're thankful that He will help you with this problem. Put the paper in your box. At the end of the month, pull the papers out again and pray for the people and about the circumstances that caused you trouble.

8

Write a poem of thanksgiving. Read it to your GEMS/Cadets small group or to your family.

4

Write a thank you note to someone in your life who has cared for you, taught you, or told you about Jesus. Write the reasons that you are thankful for him or her.

9

Show thanks to God for the talents and spiritual gifts that He's given you by using the ability to help someone else. Do you make great chocolate chip cookies? Then bake some and bring them to an elderly neighbour. Are you a good childcare provider? Then volunteer to help a young mum on a Saturday morning. You get the idea!

5

Create a drama based on the life of Paul or the ten lepers (Luke 17:11-19). Practice it with your small group and find an opportunity to present it to others.