



A Thankful Heart is a Happy Heart
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REMEMBER

Give thanks in all circumstances; for this is God's will for you in Christ Jesus. – 1 Thessalonians 5:18

READ

Read Matthew 5:3-12. Sometimes we forget how blessed we are. We think about all the things we don't have instead of being thankful for all the things we do have. These verses tell us that even when we have bad days and face struggles, we are always blessed. God gives us all that we need and loves us beyond measure. That's an amazing blessing!

THINK

1. When was a time you were upset about not having something you really wanted, like a toy or a dessert?
2. What does being blessed mean to you?
3. What makes you feel blessed?
4. Count your blessings. Can you name ten?
5. How many Bible verses can you find about giving thanks? (Hint: start with 1 Chronicles 16:34 and Psalm 7:17)