



Family Time

Main Idea:

Let It Out



Key Verse: Colossians 2:6-7, NIV

So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

Set it up:

Thankfulness isn't always a natural emotion. Many times, we find ourselves grabbing the prize and heading off to enjoy it without considering where it came from.



Ask:

Who can tell me what the word gratitude means?

Showing gratitude means that we understand and appreciate the source of our blessings. Everyone has a different style of showing thankfulness. How do you show that you are grateful? (Sending a card, saying thank you, giving a gift, or even jumping up and down.)



Read Philippians 4:11-13 together.

¹¹ I don't say this out of need, for I have learned to be content in whatever circumstances I find myself. ¹² I know how to make do with little, and I know how to make do with a lot. In any and all circumstances I have learned the secret of being content—whether well fed or hungry, whether in abundance or in need. ¹³ I am able to do all things through him who strengthens me.

Say:

Whether he had plenty or not enough, Paul learned to be happy (content) in every situation. We can always find something for which to be thankful.

Right now, we are going to practice a way for us to change our complaining to contentment. For every complaint we have, we must say three good things.

For example: "Why do we always have mashed potatoes? I do not like lumpy potatoes!"

Three good things would be: I am glad we have peas; they are my favorite. I am happy we have plenty of food to eat. I am glad Mom or Dad makes dinner for us.

Now take some time to practice this together.

Finish by saying this statement:

God is good and gives us what we need.

We respond to Him by being thankful.