

# Hooray!

## Here's your Family Gratitude Journey Guide!

This journey guide is intentionally simple, structured around 3, 10-minute Family Chats scheduled over the month. Each Family Chat explores one Bible verse and has one fun activity to do together.

More importantly, this journey will help your whole family to try out 3 gratitude-cultivating practices:

1. Noticing goodness.
2. Expressing gratitude for others.
3. Finding good in the midst of hard things.

You'll find all you need in these pages:

- Directions for planning the journey
- Scripts for each of the 3 Family Chats
- Printables for the Memory Verses & activities
- plus 2 BONUS printables: "Kid Cards" to help you affirm and express gratitude to your kiddo and 12 Thanksgiving Day conversation prompts.

I hope this Journey Guide is a helpful tool for your family to grow gratitude together this season.

-Meredith

This resource is exclusively for email subscribers and may not be forwarded or shared. Others who wish to use the Journey Guide may visit [meredithannemiller.com](http://meredithannemiller.com) and sign up. Churches who wish to use the Journey Guide may email [meredithannemiller@gmail.com](mailto:meredithannemiller@gmail.com).

## PLANNING YOUR FAMILY GRATITUDE JOURNEY

Our calendar can be our best tool to plan for something important to happen...so that it really happens. In our busy day to day, we are all more likely to actually do the things that matter to us when we put them on the calendar. So right now, take a look at November, and use the prompts below to help you pencil-in a day and time for each element of your Family Gratitude Journey.

When will you do Family Chat #1? This works well during a meal—like Saturday breakfast or a weeknight dinner—or before bedtime. Or pick another time that works for your family.

The Sunday after Family Chat #1 will be your Sundae Celebration. Mark that date.

When will you do Family Chat #2?

Family Chat #2 will invite you to make and deliver something together—which will take 15-30 minutes. Pick a 'delivery date'—it could be the same as Family Chat #2 or a different day.

When will you do Family Chat #3?

Finally, there are many people we are thankful for. Starting with tomorrow's date, write in someone you are grateful for--one name on each date of the calendar. Each day, pray for that person.

## MEMORY VERSES

The Bible invites us to express our gratitude to God and to others. For each Family Chat, there is one Bible verse that your whole family can memorize together. Each one highlights a different part of the gratitude journey: noticing goodness, expressing thankfulness for others, and practicing gratitude in hard situations.

Use the Memory Verse printable to create reminders for your whole family. You can hang the verse in a common space, or print several copies to put on the bathroom mirror while you brush teeth, in kids' bedrooms, or by the front door. There are even small sized cards for the dashboard or a lunchbox.

WHATEVER IS  
*good & perfect*  
IS A GIFT COMING  
DOWN TO US FROM  
GOD OUR FATHER  
WHO CREATED ALL THE  
*lights* IN THE *heavens*

JAMES 1:17, NLT

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*good & perfect*  
IS A GIFT COMING  
DOWN TO US FROM  
GOD OUR FATHER  
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JAMES 1:17, NLT

EVERY  
TIME  
I THINK  
OF *you*  
I GIVE  
THANKS  
TO *My* GOD

PHILIPPIANS 1:3, NLT

EVERY  
TIME  
I THINK  
OF *you*  
I GIVE  
THANKS  
TO *My* GOD

PHILIPPIANS 1:3, NLT

EVERY  
TIME  
I THINK  
OF *you*  
I GIVE  
THANKS  
TO *My* GOD

PHILIPPIANS 1:3, NLT



ALWAYS BE  
**JOYFUL**

NEVER STOP  
**PRAYING**

BE  
**THANKFUL**  
IN ALL CIRCUMSTANCES

FOR THIS IS GOD'S WILL  
FOR YOU WHO BELONG TO  
**CHRIST JESUS**

THESSALONIANS 5:16-18, NLT

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THESSALONIANS 5:16-18, NLT

Your Family Gratitude Journey includes three Family Chats. They are meant to take 10-15 minutes. Each one dives into one Bible verse about thankfulness, so that you can talk about what that verse means and how to live it out together. It also includes an activity that you can do together to start living more gratefully right away.

## Family Chat #1

*Any directions are in italics. Any words in **bold** are meant for someone to read out loud. Make sure the grown up isn't the only reader, if possible!*

*Start by having someone read James 1:17:*

**“Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens.”  
James 1:17, NLT**

*Take turns answering:*

**What are some of your favorite... things to eat? activities to do for fun? places to visit?**

*Say:*

**This verse reminds us that all of those things—and any other good thing—is a gift from God.**

**Why do you think God gives us good things? Why does God choose to give gifts to us?**

*Say:*

**We're going on a Family Gratitude Journey over the next couple of weeks. The first part of that journey is to notice good gifts. That means we are going to try to find as many good things to be thankful for as we possibly can, and then we will do something special to stop and say thank you to God for those things.**

## ACTIVITY: Create a Goodness Jar

*Say:*

**We're going to start by writing or drawing good things on paper. We'll collect those papers all week until Sunday, when we'll do something special with them! Our hope is to notice all the good gifts God has given us. Each time we do, let's make sure to draw it or write it down!**

*Take a few minutes together to write or draw some good gifts. Collect the papers in a jar or bowl, and place it in a common space where you'll see it easily. Keep more papers, a pen, and colored pencils or crayons nearby as well.*

*Spend the next several days collecting papers that notice the good and perfect gifts from God: friends, family members, beauty in nature, fun experiences, ways you are provided for, etc.*

*Close by praying:*

**God, the Bible tells us that every good or perfect thing is a gift from you. Thank you. We have so many reasons to thank you, and help us to notice those good things even more this week. Amen.**

## Goodness Jar, part 2: SUNDAE CELEBRATION

*When Sunday comes, have a Sundae Celebration! (Or Saturday, or Monday for breakfast—whatever is good for your family!) Grab some ice cream Sundaes and your Goodness Jar. Have someone re-read James 1:17 out loud. Then, as you eat, open and share all of the good things you've noticed this week. End your celebration by praying together:*

*Pray:*

**God, you created everything, including the bright sun and the twinkling stars. You are amazing! And you are so good—you give us good gifts to enjoy and to help us know how much you love us. Thank you, God for all these gifts. Thank you for your goodness! Amen.**

## Family Chat #2

*Any directions are in italics. Any words in **bold** are meant for someone to read out loud. Make sure the grown up isn't the only reader, if possible!*

*Start by having someone read Philippians 1:3:*

**“Every time I think of you, I give thanks to my God.”  
Philippians 1:3, NLT**

*Say:*

**This verse is part of a letter, written by a man named Paul to his friends in a town called Philippi. He missed them, and he wanted them to know that he was thankful for them.**

*Take turns answering:*

**Who are some people that we are thankful for? What is it we especially appreciate about them?**

**When was the last time we told those people we were thankful for them?**

*Say:*

**The next part of our Family Gratitude Journey is to express our thankfulness for other people. That means we want to say thank you to the people we love, the people who help us, and the people God has put in our lives.**

## ACTIVITY: Create and Send Thankful Notes

*Print and cut the “Thankful for you” cards. Make cards for the people you are thankful for: family members, friends, teachers. Think about people who help you as well: mail carrier, doctor, garbage collectors. See just how many people you can include!*

*When you are finished making the cards, make a plan to deliver or mail them out in the week ahead.*

*Close by praying for the people on your cards:*

**God, Just like Paul did with his friends in Philippi, whenever we think of these people, we are thankful to you. You made these people. You love these people. They are special to you and to us. Thank you that they are in our lives. Amen.**





## Family Chat #3

*Any directions are in italics. Any words in **bold** are meant for someone to read out loud. Make sure the grown up isn't the only reader, if possible!*

*Start by having someone read 1 Thessalonians 5:16-18:*

**“Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.”**

**1 Thessalonians 5:16-18, NLT**

*Take turns answering:*

**What are some reasons it can be hard to be thankful?**

**When has our family—or you individually—been in a hard or sad time, when it was hard to be thankful?**

**If we lived like this verse talks about...what do you think it would sound like? What would it look like? What would it feel like?**

*Say:*

**The final part of our Family Gratitude Journey is to practice being thankful in all things, even hard ones. That means we want to look for things we can be thankful for, even when something is sad. We want to notice something good, even when the situation is bad. It can be hard to do, but that’s why we’ll practice it together.**

## ACTIVITY: Thankfulness Flip

*You’ll need a coin to play this game. Take turns flipping the coin. If it lands on heads, share a situation when it feels hard to be thankful. If it lands on tails, share an idea for something to be thankful for, even when things are hard or sad. Have everyone take at least 2 turns.*

## KIDS CARDS

Parents, when was the last time you expressed gratitude to your kid? Sometimes as we help kids learn responsibility, we overlook the chance to say thank you to them or that we are thankful for them.

Use these cards to write a note of thanks to your child. You might thank them for something they did to help; something encouraging they said; a task they did with a cheerful attitude; or an attribute of theirs that makes your family better. Leave it under their pillow or sneak it into their backpack or lunchbox.

**I LOVED**  
WHEN YOU...

**I LOVED**  
WHEN YOU...

**I LOVED**  
WHEN YOU...

**I LOVED**  
WHEN YOU...

WOW  
THANKS!

THANK YOU  
SO MUCH

WOW  
THANKS!

THANK YOU  
SO MUCH

WOW  
THANKS!

THANK YOU  
SO MUCH



# THANKSGIVING DAY: Gratitude Conversation Starters

This Thanksgiving, use these questions as an easy onramp to talk about gratitude together. Simply cut out the prompts, fold them, and place them in a bowl or jar. Take turns picking a paper and responding to the prompt. Return it to the bowl after you answer.

What animal are you glad God made?  
Finish the sentence: I'm thankful God made (animal) because ...

What place are you glad God made?  
Finish the sentence: I'm thankful God made (place) because ...

What is your favorite spot in our home?  
Finish the sentence: I'm thankful for (favorite spot) because...

What is one thing you love to eat for breakfast?  
Finish the sentence: I'm thankful for (breakfast food I love) because...

What is one thing you love to eat for dinner?  
Finish the sentence: I'm thankful for (dinner food I love) because...

What is one thing you love to wear?  
Finish the sentence: I'm thankful for (favorite clothing item) because...

Who is a teacher you really like(d)?  
Finish the sentence: I'm thankful for (teacher's name) because...

Can you think of someone who does an important job that you would not like to do?  
Finish this sentence: I'm thankful for (person and that job) because...

What is something you like to learn more about (whether it's part of school or not!)?  
Finish the sentence: I'm thankful for (that interesting thing) because...

Who is someone who helps you?  
Finish the sentence: I'm thankful for (helper's name) because...

What is one reason you are thankful for the person to your left?  
Finish the sentence: I'm thankful for (person-to-my-left's name) because...

What is one reason you are thankful for the person to your right?  
Finish the sentence: I'm thankful for (person-to-my-right's name) because...