

# We Give Thanks to God



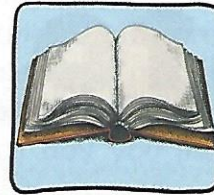
## Prayer

God, you have given us so much, and we thank you.  
Help us to always see the many gifts you give us,  
especially the gift of Jesus. Amen.

Place a check mark next to those things you are grateful for. Then write one way you can show you are thankful for these things on the lines below.



family



school



animals



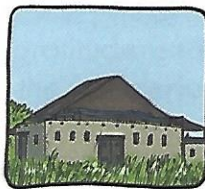
food



friends



Jesus



home



nature

other \_\_\_\_\_

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Finish this prayer of thanksgiving to God. Write some things that God has given you on the lines below.

I thank you, God, for you have given me

\_\_\_\_\_. Glory to you!

I praise you, God, for you have given me

\_\_\_\_\_. Glory to you!

I adore you, God, for you have given me

\_\_\_\_\_. Glory to you!

# Family Page

## Background Focus

It has been said that a person with a grateful heart is a person who knows great joy and little sorrow. This doesn't mean that a grateful person doesn't experience sad events in her or his life. It simply means that gratitude helps a person always stay mindful of all that is good and right, even in the midst of pain and sorrow.

If you've ever met a person who is truly filled with gratitude, you know that it can be disarming. Such people challenge the fact that, too often, we get stuck on all that doesn't seem to be working instead of noticing all of the good that surrounds us. We're not called to blindly ignore the realities of life, but we are called to celebrate and be thankful for all of the good.

This chapter focuses on the praise and thanksgiving we offer God in our lives and, especially, in the Mass. We thank God for all of the blessings we have been given, including the gift of Jesus. Helping children express gratitude and thankfulness prepares them for the wonderful gift of the Eucharist.

## Family Strategies

In the day-to-day of life, it can become easy to begin to take things and people for granted. Make it a family practice to thank each other after every act of kindness or consideration and to regularly recall the things that you are grateful for as a family. You might consider keeping a family gratitude journal in which each day you list three things that you are thankful for.

## Family Activities

- Think of several people who have done kind things for your family, and create cards that you can send these people expressing your gratitude.
- Together view the following YouTube video posted by christy251: "Lovely NOISE" (3:09). Have your child teach you the motions. If she or he can't remember, watch the instructional YouTube video posted by Outloud: "Lovely Noise" (4:08).
- Read together the Featured Story on page 1866 in *The Catholic Children's Bible* (Colossians 3:15–17). Invite your child to tell you what he or she remembers about the meaning of this Scripture passage.

## Pray It!

Pray this prayer together as a family, beginning and ending with the Sign of the Cross.

Dear God, we are surrounded by the gifts you give us each day, especially the gift of our family. Help us always to be aware of all the good things in our lives. Amen.

