# What Are You Thankful For?

"Try to think of 100 things you are thankful for."

God has blessed every one of us in so many ways. We have so much to be thankful for. It's easy to forget all that God has done for you, but as soon as you start to think about it, you realize how blessed you really are. Try to think of 100 things you are thankful for. That's a big task (100 is a lot!), but you can do it. It's easy at first, then it starts to get difficult, then it's hard to stop! By the time you get to 100 things you're thankful for, you might find that you just keep thinking of more and more (I know I did!). It's not only good for us to thank God for our blessings because it's the right thing to do, but it is so good for our hearts to look around and take note of all God has given us. What are you thankful for?



## Family Time Questions

- What were some things Douglas was thankful for that you are also thankful for?
- What are some things Douglas didn't mention that you are thankful for?
- Why is it so good to be thankful?

## Bible Verses

- Psalm 136:1 - Give thanks to the Lord
- 1 Thessalonians 5:16-18 - Give thanks in everything
- Psalm 103:2 - Remember what God has done
- James 1:17 - Every good thing comes from God

## *Prayer*

"Dear God, thank You for Your many blessings. Help us to remember what You have done for us. In Jesus' name, Amen."