

# Gobble Up Gratitude

## Note for Parents

Gobble Up Gratitude is designed for families to incorporate faith into their fall family fun. This resource is to be used in the month of November. This month we will be focusing on showing gratitude to God for who He is and what He does for us. This resource includes the following:

- 4 Family Devotions (1 per week)
- 4 Games (1 per week)
- 4 Crafts (1 per week)
- 4 Snack Ideas (1 per week)

## When is a good time to do these activities each week?

- Use it on Saturday or Sunday and do all activities for that week in one day.
- Spread out the activities over the whole week. For example, you could read the devotion before school one morning. Then another day do the craft, next day game, next day create the snack.

Fall is a great time to start the habit of spending time together in God's Word as a family. Once you create this habit, your children will want to do it every day and will remind you if you miss a day! These habits will hopefully form in your children a love of God's Word that will stay with them throughout their lives. You are building a foundation of God and His love into your children by spending time together in His Word.

# Family Devotion

## Week 2 – The Goodness of God

*"Give thanks to the Lord, for he is good; his love endures forever."  
Psalm 107:1*

God is good...all the time! All the time...God is good!

Have you ever heard that saying before? Perhaps you have heard it at church. The pastor will say "God is good" and the congregation (the people in the church) will say, "All the time." Then the pastor will reverse it and he or she will say "all the time" and the congregation will say "God is good." It's a great way to start the beginning of a worship service! It helps you remember the goodness of the Lord as you start your morning worship.

In today's Bible verse, we find the Psalmist inviting us to give thanks to God for His goodness. So let's do that right now. Take a few minutes with your family to write in the space below some ways that God is good. How does God show goodness to your family?

We know that God is good because we can see it in our lives. All we have to do is open our eyes and look around. So much of God's goodness is seen in the beauty of creation. Another good way to remember God's goodness is to write it down. When something good happens in your life, write it down in a journal. Maybe those good things include the arrival of a new sibling, a new pet, getting to eat at your favorite restaurant, making a good grade on a test, getting to celebrate a birthday, getting to have a sleepover with a friend, getting ice cream from your favorite store, scoring a goal at your soccer game, winning your sports game, or giving a gift to someone you love.

But have you ever thought about thanking God for these good things in your life:

waking up, breathing, water to take a bath, a toothbrush and toothpaste to brush and clean your teeth, hairbrush to brush your hair, clothes to wear, food to eat at every meal, a bed to sleep in, an air conditioner or fan to cool you off, heating in your house to keep you warm, a sofa to sit on, a table to eat meals at, blankets to cover up with, socks to keep your feet warm, shoes to protect your feet, or even lights in your house so you can see.

Sometimes we forget to thank God for His goodness in the everyday, ordinary, simple things in our lives. It's not because we aren't thankful for these things. It's more because we forget about them! They are everyday things and these are the things that are normal and things that sometimes we take for granted. But I know we are all so very thankful for these things.

So your challenge this week is to remember God's goodness. Remember to give thanks to Him for the normal things in your life and also for the special things in your life. Open your eyes and pay attention to all the good that happens to you and all the good that is in this world. And remember that God's love for you lasts forever!

*Holy God, thank You for all the many ways You bless us. Thank You for being good to my family. Help me to always look for the good You give to us every day. Amen.*

## **Family Devotion Activity - Gobble Up Gratitude Challenge**

Remember to fill out your Gratitude Calendar this week and feed your turkey some gratitude!

## **Family Game**

## **Week 2 – Newspaper Turkey Costume Contest**

**Supplies Needed:** *newspaper, tape*

Let's see who can create the best turkey costume out of newspapers!

Divide your family into pairs. Each pair will pick one person to be the "turkey." The other person will cover their family member in newspaper and will make them look like a turkey! Be creative!

Make sure to snap photos of each turkey. Send the photos to family or friends and get them to pick a winner.

## **Family Craft**

### **Week 2 – Gratitude Activity Placemat**

**Supplies Needed:** *Gratitude Activity Placemat printable, markers, crayons, pen or pencil*

Print enough copies of the Gratitude Activity Placemat for each child in your family. Have kids color the placemat activity sheet and do the activities on the placemat. Use this as a placemat at the table during the month of November. Or hang on the fridge or in their room.

## **Thanksgiving Dessert**

### **Week 2 – Banana Pudding**

All the recipes for this month will be desserts for families to make for Thanksgiving!

8 oz sour cream

8 oz Cool Whip

1 small box instant vanilla pudding

1 box vanilla wafers

4-6 bananas

In a large bowl, make the vanilla pudding by following the directions on the box. Stir in sour cream and Cool Whip. In a dish or bowl, layer like this: wafers, bananas, pudding. Repeat until dish is full. Top with pudding and an extra layer of Cool Whip.

