

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 3 – Peace and Thanksgiving

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7

Do you ever worry about things or get nervous or anxious about something?

I am sure there are some things in your life that cause you to worry or even feel a little nervous. But God gives us a great reminder that we should not be worried or anxious. We see this reminder in our Bible verse for the week. In Philippians 4:6-7, God tells us not to be anxious, to pray and lift up our requests to Him, and to do so with a thankful heart.

So how do we be thankful when we are worried or anxious? It's not easy to do, but when we lift our prayers to God and give thanks to Him, He promises us His peace. And this peace is not just any peace, it's a peace that only God can give. It's a peace we will not understand, but we will totally feel at ease and have no worries.

So let's take a minute to write down our worries, fears, or concerns. Or you can draw a picture of what causes you to be afraid or worried. Writing them down helps me let go of them and trust God. I pray it will do the same for you. Write or draw them in the space below.

Now, take time to pray together as a family. First, praise God. Praise Him for who He is. Praise Him for what He does for you. Praise Him because He is God. Then give thanks to God for all that He has given you. Name some of these things out loud. Then lift up all your concerns to Him (those things you just wrote down or

drew). Ask God to give you strength to overcome these fears and worries. After you finish praying, take a permanent marker and write the word "PEACE" really big over the fears and worries you just wrote down. You have lifted up your concerns with a thankful heart and now the peace of God will flow over you. Let go and trust God with everything and be grateful!

Prayer

Glorious God, thank You for all You do for me. Help me to always come to You with my worries and fears and also help me to trust You with them. Thank You for the peace that You give to me. In Jesus' name, 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 3 – Thanksgiving Charades

Supplies Needed: charades cards (included in this resource)

This game is played just like regular charades...but with a Thanksgiving twist!

Divide your family into two teams (if you have enough to have at least 2 people per team...if not just play as 1 team).

When it's your team's turn, draw a card. One person will act out what's on the card and the other person will try and guess what they are acting out. The person acting cannot speak, but only act it out. Keep score and see which team wins!

Family Craft

Week 3 – Plate of Prayers

Supplies Needed: Plate of Prayers activity page

In our Bible verse today, we read that Paul wrote we should "present our requests to God." This means praying to God and asking Him to help us with things in our life, as well as giving thanks to Him for all things.

Using the Plate of Prayers activity page, write down your prayers to God. You can write small prayers or long prayers. Each day this week, practice talking to God by writing down your prayers inside the plate. Hang this in your room or on your fridge so you can remember to lift up your prayers to God.

Thanksgiving Dessert

Week 3 – Peanut Butter Pie

3 oz cream cheese, softened

1 cup creamy peanut butter

1 cup powdered sugar

8 oz Cool Whip, thawed

9-inch graham cracker crust

Mix all ingredients together thoroughly and pour into graham cracker pie crust. Chill in refrigerator or freeze.

