Spring 2023 CT Jr Version: “I Choose Thanks”

How do you choose thanks?

“I pause to remember and enjoy the gifts God has given me today.”

What does God Say?

“Give a lot of time and effort to prayer. Always be watchful and thankful.”

Colossians 4:2 (NIRV)

****

Teaching Objectives

for use in evaluations

1. **Practice actively looking and listening for things to be thankful for both inside and outside the gym.**
    a. Begin each class with students sharing something they were thankful for this week **outside of the gym**. *(Students will be given a weekly thankful diary page. Coaches are encouraged to fill these out as well to lead by example and encourage participation.)*
    b. End each class by sharing something they were thankful for **during their class.**
    c. Saying a genuine “thank you" to at least two people during class.

2. **Help students connect complaining to unhappiness and thankfulness to happiness.**
    a. When a student begins to complain, ask, “Are you happy or unhappy right now?”
    b. “What can you do to help yourself become happier?”
    c. Use the **Grumbling >>> Thankful** chart as a guide. The suggested bullet points can be read by the student, asked by the coach, or stated as a fact by the coach.

3. **Students will learn practical ways to choose thankfulness by using the Grumbling >>> Thankful chart during class time.**

*Don’t confuse a genuine injury with grumbling! There may be a time later to discuss things they learned and give thanks - but not now.

Spring 2023 CT Jr Version: "I Choose Thanks"

How do you practice thankfulness?	***What does God say?***
"I pause to remember and enjoy the gifts God has given me today."	"Give a lot of time and effort to prayer. Always be watchful and thankful." Colossians 4:2

2023 Spring
THANKFULNESS
March 6 - May 31

Closed:
April 7-8 (Easter Break)

May 21: Starwatch Student Show

March 2023

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April 2023

Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	~~7~~	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May 2023

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Story: "A Bad Fire Brings Good Gifts"

Main Points Each Week:

Week 1 Intro: When I choose to be thankful, I see all the good things around me and I am happier.
Weeks 2 -3: When I choose to be thankful, I see all the good things around me and I am happier.
Weeks 4-6: Thankful people care about others and will help them to be happy too.
Weeks 7-9: Thankful people stop complaining and start praying.
Weeks 10-11: I thank God for good things happening now **and** for good things He **will** bring even when I **don't** see them now.
Week 12: When I choose to be thankful, I see all the good things around me and I am happier.

The First Gift: A New Friend
Week 1: Handout: thankful diary page after class *(and after every class this season)*
Week 2: Add all pictures to wall / Grumbling >>> Thankful Chart
Week 3: Supplement 2

The Second Gift: Joy
Week 4: Add all pics to wall
Week 5:
Week 6:

The Third Gift: A Prayer Answered

Week 7: Add all pics to wall
Week 8:
Week 9:

The Fourth Gift: The Barn
Week 10: Add all pics to wall
Week 11: Supplement 3
Week 12: Review week. Have visuals separated and ready to play Who Remembers.

Spring 2023 CT Jr Version: "I Choose Thanks"

How do you practice thankfulness?	***What does God say?***
"I pause to remember and enjoy the gifts God has given me today."	"Give a lot of time and effort to prayer. Always be watchful and thankful." Colossians 4:2

Week 1: March 6-11 (No story)

1. **Intro:** How many of you want to enjoy a happy life? Do you know anyone who *doesn't* want to have a happy life? This season we're going to learn the secret to a happy life. There's one thing that will make the difference between a happy life and an unhappy life. Any guesses what that might be?
    a. *It's thankfulness. If you choose to be a thankful person, even when bad things happen, you're choosing a life of happiness.*
2. **Teach and repeat the declaration, verse, and sign language *several times.***
3. **Lesson 1: When I choose to be thankful, I see all the good things around me and I am happier.**
    a. **What is thankfulness?**
    b. Thankfulness is being aware of the good I have been given.
        i. I use my eyes, ears, touch, smell and taste to *notice* the good around me.
        ii. I use my brain to *think about and remember* good people, places, and things in my life.
    c. Thankfulness is something I **choose**. I can always choose to be thankful or unthankful.
4. **What does our declaration mean?**
    a. Our declaration reminds us how to practice choosing thankfulness.
    b. **Pause.** We need to slow down, stop our hurrying, and use our senses to observe.
        i. Let's practice. Using your eyes, look around. What can you be thankful for right now?
        ii. Now close your eyes. This one is a little harder. Do you hear anything you can be thankful for?
    c. **Remember.** We all have memories. When we're feeling grumpy, we need to think back to all the good times, the good people, the good things God has filled our lives with.
        i. Let's practice again. Close your eyes. Think about something that happened a while ago, a really good memory you have. Remember how much fun it was or how you felt when you did something amazing or new. Does that make you feel happy all over again?
        ii. The next time you feel grumpy, think about those things and thank God for good memories.
    d. **Choosing to be thankful is sometimes very hard!** But it **is** a choice. When we choose to be thankful - even when bad things happen - we open our eyes, ears, and minds to see the good things we have now. That chases away the grumpies and brings happiness.
5. **Application:** This season, we're going to practice being thankful both inside and outside the gym.
    a. We'll begin each class by sharing something you were thankful for this week **outside the gym**.
        i. We're going to create a weekly thankful diary. *(show diary page and explain.)*
    b. We'll end class with everyone sharing something you were thankful for **during your class.**
    c. And I want everyone to say "thank you" to at least two people during class for something they helped you with or something kind they said.
6. **Dismissal:** Practice declaration, verse, and sign language once more.

When I choose to be thankful, I see all the good things around me and I am happier.

Hand out diary page after class

Planning Notes:

Spring 2023 CT Jr Version: "I Choose Thanks"

How do you practice thankfulness?	***What does God say?***
"I pause to remember and enjoy the gifts God has given me today."	"Give a lot of time and effort to prayer. Always be watchful and thankful." Colossians 4:2

Week 2: March 13-18

1. **Practice declaration & verse along with sign language.**
2. **Lead-in:** Students share their thankful diary entries.
3. **Lesson 2: When I choose to be thankful, I see all the good things around me and I am happier.**
4. **Listen to Chapter 1 of story and show pictures:** *The First Gift: A New Friend*
5. **Questions (Choose one or more that best fits your class)**
    a. How do you think Edith feels in this first picture?
        i. *Afraid; worried about their house; worried about the horses; possibly feeling sick from the smoke*
    b. Where are they going?
        i. *To the elementary school*
    c. What was the first thing Edith's dad did after they brought all their things in?
        i. *He prayed and thanked God for getting them there safely.*
    d. How does Wayne feel about Dad's prayer?
        i. *He was mad and not at all thankful because he had to let his horses out to run away from the fire.*
    e. What is Mom thankful for?
        i. *Edith found a friend the first day at the school.*
6. **What do you think?**
    a. Do you think it would be easier to complain or be thankful if this happened to your family?
7. **Introduce the Grumbling >>> Thankful Chart.**
    a. *Explain how you will use this in class to help them focus on what is good so they can change their grumbling into thankfulness and feel happier.*
8. **Dismissal**: review the verse and say the main point together:

When I choose to be thankful, I see all the good things around me and I am happier.

Hand out diary page after class

Planning Notes:

Spring 2023 CT Jr Version: "I Choose Thanks"

How do you practice thankfulness?	***What does God say?***
"I pause to remember and enjoy the gifts God has given me today."	"Give a lot of time and effort to prayer. Always be watchful and thankful." Colossians 4:2

Week 3: March 20-25

1. **Practice declaration & verse together**

2. **Lead-in:** Students share their thankful diary entries.

3. **Lesson 3: When I choose to be thankful, I see all the good things around me and I am happier.**

4. **Review the chapter using pictures:** *The First Gift: A New Friend*

5. **Questions (Choose one or more that best fits your class)**
    a. The name of this chapter is: *The First Gift: A New Friend.* Why is Mom so thankful?
        i. *Without this wonderful gift of a new friend, what would Edith do to pass the time?*
        ii. *No one wants to live a lonely life. God knew what Edith needed. Peggy is a huge gift to be thankful for!*
    b. What would your life be like if you had no friends?
        i. *Good friends are one of the best gifts we could ever receive. They bring so much happiness and fun into our lives!*
        ii. *One of the best ways to get rid of a grumbling heart is to start thanking God for each special friend He has given you!*

6. **What do you think?**
    a. Can you think of some ways to let your friends know how thankful you are to have them as friends?
        i. *Always thank them for coming to play, sharing, or listening to your ideas.*
        ii. *Write them a thank you note telling them why you like having them as a friend.*
        iii. *Draw a picture of the two of you together. At the bottom say, "Thanks for being my friend!" (Suppl.2)*

7. **Dismissal**: review the verse and say the main point together:

When I choose to be thankful, I see all the good things around me and I am happier.

Hand out diary page after class

Planning Notes:

Spring 2023 CT Jr Version: "I Choose Thanks"

How do you practice thankfulness?	***What does God say?***
"I pause to remember and enjoy the gifts God has given me today."	"Give a lot of time and effort to prayer. Always be watchful and thankful." Colossians 4:2

Week 4: March 27- April 1

1. **Practice declaration & verse together**
2. **Lead-in:** Students share their thankful diary entries.
3. **Lesson 4: Thankful people care about others and will help them to be happy too.**
4. **Listen to Chapter 2 of story and show pictures:** *The Second Gift: Joy*
5. **Questions (Choose one or more that best fits your class)**
    a. How is Edith feeling at the beginning of the story? Why?
        i. *Grumpy! She's tired of her sleeping bag and wants to go home.*
    b. What does Wayne tell her?
        i. *She doesn't have a bed or a house anymore.*
    c. Was Wayne's answer helpful?
        i. *No! It only made Edith cry.*
    d. How is Peggy helpful?
        i. *She sees how sad Edith is and wants to help.*
        ii. *She does more than share her doll - she gives it to Edith to keep!*
    e. What does Peggy's mom tell God in her prayer?
        i. *"We're so thankful for our new friends and want Edith to feel better."*
6. **What do you think?**
    a. Do you think it was hard for Peggy to give away one of her favorite dolls?
    b. Do you think you would give away a special toy to a friend if it would make them happy?
        i. *When you give up something to help a friend and see how happy it makes them, you oftentimes will be very thankful you did.*
        ii. *Your friend will also feel very loved by you when you give away something so special.*
        iii. *Both of you will feel thankful and happy!*
7. **Dismissal**: review the verse and sign language; say the main point together:

Thankful people care about others and will help them to be happy too.

Hand out diary page after class

Planning Notes:

Spring 2023 CT Jr Version: "I Choose Thanks"

How do you practice thankfulness?	***What does God say?***
"I pause to remember and enjoy the gifts God has given me today."	"Give a lot of time and effort to prayer. Always be watchful and thankful." Colossians 4:2

Week 5: April 3-6 (Easter break the 7th and 8th)

1. **Practice declaration & verse together**
2. **Lead-in:** Students share their thankful diary entries.
3. **Lesson 5: Thankful people care about others and will help them to be happy too.**
4. **Review the chapter using pictures:** *The Second Gift: Joy*
5. **Questions (Choose one or more that best fits your class)**
    a. What three things does our bible verse tell us we should be doing?
        i. *Praying, watching, and being thankful*
    b. Who was doing any of these things in our story?
        i. *Peggy was watching and saw how sad Edith was.*
        ii. *Peggy's mom prayed that Peggy could be helpful.*
        iii. *Edith's mom reminded her to choose thankfulness.*
6. **Truth:** God's word, the Bible, tells us this: *"First of all, I ask that you pray for all people. Ask God to bless them and give them what they need. And give thanks."* 2 Timothy 2:1
7. **What do you think?**
    a. Do you think you can be caring and helpful without being watchful?
        i. *No. You first must **notice** what's going on around you before you can help anyone.*
        ii. *A caring person thinks about others, not just themselves. Peggy **could** have said, "Oh well. Edith will get over it," and do nothing.*
        iii. *A thankful person is a caring person because they notice all the good around them. They want to help others to also see the good so they can be happy too.*
8. **Dismissal**: review the verse and say the main point together:

Thankful people care about others and will help them to be happy too.

Hand out diary page after class

Planning Notes:

Spring 2023 CT Jr Version: "I Choose Thanks"

How do you practice thankfulness?	***What does God say?***
"I pause to remember and enjoy the gifts God has given me today."	"Give a lot of time and effort to prayer. Always be watchful and thankful." Colossians 4:2

Week 6: April 10-15

1. **Practice declaration & verse together**
2. **Lead-in:** Students share their thankful diary entries.
3. **Lesson 6: Thankful people care about others and will help them to be happy too.**
4. **Review the chapter using pictures:** *The Second Gift: Joy*
5. **Questions (Choose one or more that best fits your class)**
    a. What does Edith say to Peggy when they are finished playing with the dolls?
        i. *"I love Joy! Thank you for giving her to me."*
    b. At the end of the story, who do you think felt happy and thankful because of Peggy's caring heart?
        i. *Edith. She is thankful, feels loved by Peggy, and has a new doll to play with.*
        ii. *Edith's mom. She's very thankful for the happiness Peggy brought to her sad daughter.*
        iii. *Peggy's mom. She's probably very pleased with Peggy and thankful that she is growing up to be such a caring, helpful person.*
        iv. *And Peggy herself who has given a very sad friend something special to bring joy into her life.*
6. **What do you think?**
    a. How do you think people feel when you take the time to say *thank you* to them for doing something for you or giving you something?
        i. *They feel you care about them; you make them feel important; they feel their work or kindness was worth the time and thought they put into it.*
        ii. *For example: Your mom planned a surprise birthday for you, invited all your friends, made a special cake, decorated the room, and planned fun games. That takes a lot of time and work!*
            1. *How would she feel if you started to grumble about the decorations or cake?*
            2. *How would she feel if you gave her a big hug, said thank you, and told her she was the best mom ever?*
        iii. *Thankful people are fun to be around. Be thankful!*
7. **Dismissal**: review the verse and say the main point together:

Thankful people care about others and will help them to be happy too.

Hand out diary page after class

Planning Notes:

Spring 2023 CT Jr Version: "I Choose Thanks"

How do you practice thankfulness?	***What does God say?***
"I pause to remember and enjoy the gifts God has given me today."	"Give a lot of time and effort to prayer. Always be watchful and thankful." Colossians 4:2

Week 7: April 17-22

1. **Practice declaration & verse together**
2. **Lead-in:** Students share their thankful diary entries.
3. **Lesson 7: Thankful people stop complaining and start praying.**
4. **Listen to the chapter and show pictures:** *The Third Gift: A Prayer Answered*
5. **Questions (Choose one or more that best fits your class)**
    a. What is Edith complaining about to her mom?
        i. *Wayne was grumpy and wouldn't talk to her.*
    b. What did her Mom think would help Wayne?
        i. *A friend. Peggy was so helpful to Edith that she wished Wayne had a friend too.*
    c. Did Edith keep complaining about Wayne? *(No)* What did she do instead?
        i. *She went right over to her corner and started to pray.*
    d. What happened when Edith talked to God about the problem?
        i. *God answered her prayer!*
6. **What do you think?**
    a. Why do you think God tells us to "give a lot of time and effort to prayer?" *(Listen to answers)*
    b. Does complaining about a problem make it go away?
    c. Why do you think Edith decided to pray right after talking to her mom?
        i. *She knew God could help and believed He would answer her prayers.*
7. **Dismissal**: review the verse and say the main point together:

Thankful people stop complaining and start praying.

Hand out diary page after class

COACHES: MID-SEASON CHECK-UP

Have you asked any parents about their child's growth in the area of thankfulness? Are they aware of the diaries that are being sent home each week? Parents I need to connect with:

Can you clearly identify any progress your students have made in achieving the objectives? Do any still need extra attention? What can you do to help them along?

Spring 2023 CT Jr Version: "I Choose Thanks"

How do you practice thankfulness?	***What does God say?***
"I pause to remember and enjoy the gifts God has given me today."	"Give a lot of time and effort to prayer. Always be watchful and thankful." Colossians 4:2

Week 8: April 24-29

1. **Practice declaration & verse together**
2. **Lead-in:** Students share their thankful diary entries.
3. **Lesson 8: Thankful people stop complaining and start praying.**
4. **Review the chapter using pictures:** *The Third Gift: A Prayer Answered*
5. **Questions (Choose one or more that best fits your class)**
    a. When did Wayne say he would be thankful?
        i. *<u>After</u> he got his horses back.*
    b. Who heard Wayne grumbling at church and what did he do?
        i. *Curtis. He asked Wayne's parents if he could take him to a ranch to help take care of the horses there.*
    c. How did Wayne change after he met Curtis?
        i. *He wasn't as grumpy.*
    d. Why was Curtis the best kind of friend for Wayne?
        i. *Curtis loved horses just like Wayne did. God knew exactly who Wayne needed!*
6. **What do you think?**
    a. Which of these is something you could do if you have a friend or family member who is grumbling about something. Should you:
        i. Yell at them to stop?
        ii. Ask God to help them find something to be thankful for?
        iii. Grumble along with them?
        iv. Tell them about your thankful diary and show them things they can be thankful for?
7. **Here's what God's word says:** *"I will give thanks to the Lord with all my heart. I will tell of all the great things He has done."* Psalm 9:1
    a. One of the best ways to help a grumbler is to start telling them all the things <u>*you*</u> are thankful for.
    b. You can say, "When I feel like being grumpy, I look around and start to thank God for the good things in my life." Then point to some good things *you* see that your friend may not see - kind of like an *I Spy* game!
8. **Dismissal**: review the verse and say the main point together:

Thankful people stop complaining and start praying.

Hand out diary page after class

Planning Notes:

Spring 2023 CT Jr Version: "I Choose Thanks"

How do you practice thankfulness?	***What does God say?***
"I pause to remember and enjoy the gifts God has given me today."	"Give a lot of time and effort to prayer. Always be watchful and thankful." Colossians 4:2

Week 9: May 1-6

1. **Practice declaration & verse together**
2. **Lead-in:** Students share their thankful diary entries.
3. **Lesson 9**: **Thankful people stop complaining and start praying.**
4. **Review the chapter using pictures:** *The Third Gift: A Prayer Answered*
5. **Questions (Choose one or more that best fits your class)**
    a. What do you think might have happened if Wayne had stopped complaining about what he *didn't* have and instead decided to be thankful for what he *did* have?
        i. *All those weeks he had to live at the school could have been a lot more pleasant for him AND his family!*
    b. Who can decide if Wayne will be happy?
        i. *Only Wayne! Even God won't make Wayne happy if he chooses not to be happy.*
    c. Did Edith seem surprised that God answered her prayer?
        i. *No! When Mom said "I think God answered your prayer," she said, "Of course He did! I prayed every day!"*
        ii. *Edith believed God heard her prayer and expected Him to answer.*
        iii. *God always hears our prayers. Sometimes He doesn't answer the way we want, but He always answers with what is best for us.*
6. **What do you think?**
    a. What do you think might happen if *you* stop complaining about something you don't like and instead decide to be thankful for what you *do* have?
    b. Who decides if *you* are going to be happy or not?
        i. *Only you!*
        ii. *Remember: <u>First</u> choose to thank God for the good things around you. <u>Then</u> you will become happier!*
7. **Dismissal**: review the verse and say the main point together:

Thankful people stop complaining and start praying.

Hand out diary page after class

Planning Notes:

Spring 2023 CT Jr Version: "I Choose Thanks"

How do you practice thankfulness?	***What does God say?***
"I pause to remember and enjoy the gifts God has given me today."	"Give a lot of time and effort to prayer. Always be watchful and thankful." Colossians 4:2

Week 10: May 8-13

1. **Practice declaration & verse together**
2. **Lead-in:** Students share their thankful diary entries.
3. **Lesson 10: I thank God for good things happening now *and* for good things He *will* bring even when I *don't* see them now.**
4. **Listen to the chapter and show pictures:** *The Fourth Gift: The Barn*
5. **Questions (Choose one or more that best fits your class)**
    a. Why was Curtis so excited?
        i. *His road was finally open and he could go back home.*
    b. How did Curtis's cabin look when they got there?
        i. *The fire hadn't touched it and it was surrounded by grass!*
    c. What happened when Wayne went to the meadow?
        i. *He saw Scar and Beauty! They galloped over to him, whinnying all the way.*
    d. What did Edith ask Wayne when he got back to the school?
        i. *"Are you going to thank God now?"*
    e. Why couldn't Wayne see anything good during all those weeks he was at the school?
        i. *He chose to be mad instead of thankful. Staying mad is like living in the dark.*
6. **What do you think?**
    a. Do you think you can ever be happy when you're complaining or grumbling?
    b. How does your diary help you to stop complaining and start being thankful instead?
        i. *It helps you look around outside of yourself and find good things.*
        ii. *It helps you stop thinking only about the bad things happening right now so you can see the good things.*
7. **Dismissal**: review the verse and say the main point together:

I thank God for good things happening now *and* for good things He *will* bring even when I *don't* see them now.

Hand out diary page after class

Planning Notes:

Spring 2023 CT Jr Version: "I Choose Thanks"

How do you practice thankfulness?	***What does God say?***
"I pause to remember and enjoy the gifts God has given me today."	"Give a lot of time and effort to prayer. Always be watchful and thankful." Colossians 4:2

Week 11: May 15-20 (This is the last full lesson. Week 12 is review)

1. **Practice declaration & verse together**
2. **Lead-in:** Students share their thankful diary entries.
3. **Lesson 11: I thank God for good things happening now *and* for good things He *will* bring even when I *don't* see them now.**
4. **Review the chapter using pictures:** *The Fourth Gift: The Barn*
5. **Questions**
    a. What two things did Wayne thank God for?
        i. *Keeping his horses safe.*
        ii. *His good friend, Curtis.*
    b. What two things was he sorry for?
        i. *He was sorry he didn't believe God would keep his horses safe.*
        ii. *He was sorry he had chosen to stay mad and couldn't see any good things around him.*
    c. What did he ask God for help with?
        i. *To see the daily gifts God sends and to be thankful.*
    d. Did anyone complain when they saw that their house was burned to the ground? *(No)*
    e. Who was the first one to thank God and what did they thank Him for?
        i. *Wayne! He was looking at what they DID have - the barn - and not what they didn't have - the house.*
6. **What do you think?**
    a. What important lessons do you think Wayne learned in this story? *(many possible answers!)*
        i. *Being mad and complaining never makes things better.*
        ii. *Staying mad is like turning the lights off. You can't see anything good, only bad things.*
        iii. *YOU are the only one who decides whether or not you will live a happy life.*
        iv. *Watching everyday for the good things around you and thanking God for them leads to happiness.*
        v. (supplement 3) *It can be hard to find good things when something really bad happens. But when we are watchful and thank God for good things around us, it's like turning the lights on. God shows us the good things He is doing for us which brings us happiness.*
7. **Dismissal**: review the verse and say the main point together:

I thank God for good things happening now *and* for good things He *will* bring even when I *don't* see them now.

Hand out diary page after class

Planning Notes:

Spring 2023 CT Jr Version: "I Choose Thanks"

How do you practice thankfulness?	***What does God say?***
"I pause to remember and enjoy the gifts God has given me today."	"Give a lot of time and effort to prayer. Always be watchful and thankful." Colossians 4:2

Week 12: May 22-27

1. **Practice declaration & verse together**

2. **Lead-in:** ***(****Briefly share thankful diaries.)*** It's our last week learning about thankfulness so we're going to play a game called ***Who Remembers!***

3. **Season Review**
   Junior Supplements for Lesson 12.

Coaches: How to play:

1. Turn all visuals (except supplements) face down on the floor.
2. Review lesson points on each of the supplements then line them up against the wall.
3. Have kids sit in a circle around the visuals and let a student pick one up and show it to everyone.
4. Coach asks: "Who remembers what this picture is about?" Or ask a more specific question like, "Who remembers why *(character's)* face is so sad in this picture?"
5. Ask which lesson point it is connected to.
6. Set that visual under the correct lesson point.
7. Go around the circle until everyone has picked one up. Do more than one if time.

Repeat together: **When I choose to be thankful, I see all the good things around me and I am happier.**

Please take a few minutes to fill out this short survey.

Name_____ On a scale of 1 - 5, how would you rate the effectiveness of the Grumbling >>> Thankful chart as a useful tool to help students shift their mindset? Add a specific example below. This helps us make CT better. Give this to Rebecca before week 1 of next season. Thank you!

1 2 3 4 5

Spring 2023 CT Jr Version: "I Choose Thanks"

How do you practice thankfulness?	***What does God say?***
"I pause to remember and enjoy the gifts God has given me today."	"Give a lot of time and effort to prayer. Always be watchful and thankful." Colossians 4:2

Week 12B: May 30-June 3 (Closed for Memorial Day and 6/1 Staff Training)

**This week is extra and is another review. You'll be recording answers. You can either set up your phone in one place and record the whole time or if another coach is present, they can either record the whole thing or each question and answer separately. Take part in the discussion by answering some of the questions too.

1. **Practice declaration & verse together**
2. **Today is another review day.** I'm going to be recording us as we talk about what we've learned. I'm sure your parents would like to hear what you've learned this season!
3. **Questions: Choose ones best suited for your class.**
    a. What was your favorite part of the story?
    b. Name some things that make you feel like grumbling.
    c. How do you feel when you start to grumble?
    d. What happens to you when you only think about all the bad things that are happening in your life? *(Reminder if needed: Ask,* "What happened to Wayne because of his grumbling?")
        i. *His grumbling led him into a dark, lonely, angry life without any joy.*
    e. What can you do to change those grumbly feelings?
    f. What does it mean to be watchful?
    g. How does being watchful help you be more thankful?
    h. What's the secret to enjoying a happy life?
    i. What did you learn from keeping your thankful diary?

Repeat together: **When I choose to be thankful, I see all the good things around me and I am happier.**

You may take your diary pages off the wall after class if you'd like to keep them. Ask your mom or dad for help if you can't reach them.