

Lesson 1

What Is Thankfulness?

What is thankfulness? Over the next 16 lessons, you'll learn not only the definition of thankfulness but also that God wants His people to be thankful. You'll read about some people in the Bible who were thankful and some who were not. You'll study about many things that you have to be thankful for and the power of praise. Finally, you'll learn the different ways that you can thank and praise God. Are you ready to get started? Let's go!

The first order of business is for you to understand the meaning of thankfulness. Do you know what it means to be thankful?

1. In the space below, write what you think the word "thankfulness" means.

"Thankfulness" means to appreciate or to be grateful for someone or something in your life. There are many things for which to be grateful. Good parents or guardians, food, and a place to live are just a few of these things.

God has created a beautiful world, and He has given us many wonderful promises in the Bible. He wants us to be thankful to Him for all He has done, is doing, and will do. He wants us to praise Him. You'll learn about the different ways to thank and praise God later in this study. First, though, see for yourself that it is God's will for you to thank and praise Him. Turn to and read the following verses. Fill in the blanks that follow.

2. Psalm 105:1 (OT) – **"Give _____ to the Lord. Worship him. Tell the nations what he has done."**
3. Psalm 140:13 (OT) – **"I'm sure that those who do right will _____ your name. Those who are honest will live with you."**
4. Ephesians 5:4 (NT) – **"There must not be any unclean speech or foolish talk or dirty jokes. All of them are out of place. Instead, you should give _____."**
5. Ephesians 5:20 (NT) – **"Always give _____ to God the Father for everything. Give _____ to him in the name of our Lord Jesus Christ."**

6. Colossians 3:15 (NT) – “Let the peace that Christ gives rule in your hearts. As parts of one body, you were appointed to live in peace. And be _____.”

7. 1 Thessalonians 5:18 (NT) – “Give _____ no matter what happens. God wants you to _____ him because you believe in Christ Jesus.”

You have just read six verses telling you to give thanks or praise to God. Two of those verses say to praise God no matter what happens. That’s not easy to do, but it is possible. Did you notice that those two verses also mention Jesus’ name? There’s a reason for this. While Jesus was on the earth, He told His disciples that life would not always be rosy. What Jesus said is recorded in John 16:17-20 (NT). Read these verses from the passage titled “The Disciples’ Sadness Will Turn Into Joy.” Answer the questions that follow by placing a checkmark beside the correct answers.

8. What was Jesus saying that the disciples could not understand? (Check all that are correct.)

- a. “In a little while, you will no longer see me.”
- b. “Then after a little while, you will see me.”
- c. “I am going to the Father.”

9. What else did Jesus say to His disciples? (Check all that are correct.)

- a. “You will cry and be full of sorrow while the world is full of joy.”
- b. “Your life will always be full of joy.”
- c. “You will be sad, but your sadness will turn to joy.”

Jesus had been trying to explain to His disciples that soon He would give His life for the sins of the world. He would die, but they would see Him again because He would come back to life. When His work on earth was completed, Jesus would return to His Father in heaven. He told His disciples that they would be sad, but their sadness would turn into joy. In John 16:33, Jesus went on to say one of the most quoted verses in the Bible. Below it is printed. Read it.

“I have told you these things, so that you can have peace because of me. In this world you will have trouble. But cheer up! I have won the battle over the world.”



Jesus tells His disciples to cheer up.

Jesus told His disciples that in this world, they could expect trouble but to cheer up because He had won the battle over the world. He told them that they could have peace no matter what happened. This same good news applies today to everyone who believes in Jesus and confesses Him as Lord and Savior, but what does it mean? When Jesus died on the cross over 2,000 years ago, He paid the price so that we might receive forgiveness and eternal life with God in heaven. Because of what Jesus did for us, we can have a personal relationship with God. We have the peace of knowing that even though this life is hard sometimes, God is always with us. He is seeing us through every situation because of what Jesus has done. That's good news, and that's why you should praise and thank God no matter what is going on around you.

In God's Word, there are many promises for which to be thankful. In Lesson 2, you'll discover some of them. See you there!

That's enough for today. Let's review what you've learned:

- Thankfulness means to appreciate or be grateful for someone or something in your life.
- God wants you to be thankful for all He has done for you.
- God wants you to praise and thank Him always.
- Jesus told His disciples that they would be sad, but their sadness would turn into joy.
- Jesus said to cheer up because He has overcome the world!
- Jesus' death and resurrection makes it possible for all those who believe and confess Him as Lord and Savior to receive the promises in God's Word.

This week's memory verse is Ephesians 5:20 (NT). Below it is written.

“Always give thanks to God the Father for everything. Give thanks to him in the name of our Lord Jesus Christ.”

- 10.** Write this week's memory verse and where it is located in the space provided.
Say it silently to yourself three times

Activity: God is worthy of your thanks and your praise. He sent His Son, Jesus, to earth to take the punishment for your sin. Can you help the children below find their way to Jesus? When you do, take a moment to thank God for sending Jesus. He has overcome the world for you!



Lesson 2

Why Should I Thank and Praise God?

In Lesson 1, you learned that God wants His children to praise Him. You read verses telling you to praise God in everything. By believing in and confessing Jesus as Lord and Savior, anyone can receive forgiveness, a right relationship with God, and eternal life.

The fact that God sent His one and only Son to pay for the sins of the world is reason enough to praise Him, but there are many other reasons for praising God. This lesson will teach you some of the other reasons why you should thank and praise God.



Jesus is reason alone to praise God.

Below are several Bible verses; look up each one. In front of each verse, write the letter of the correct reason that it describes for thanking God.

<u>Bible Verse:</u>	<u>Reason for Thanking and Praising God:</u>
___1. Psalm 30:4 (OT)	a. He gives grace to those who belong to Christ Jesus.
___2. Psalm 106:1 (OT)	b. He is faithful to love and do miracles for His people.
___3. Psalm 107:8 (OT)	c. He wins the battle over sin and death for us.
___4. Psalm 119:62 (OT)	d. He is good. His faithful love continues forever.
___5. John 11:41 (NT)	e. For brothers and sisters in Christ and their love and faith
___6. 1 Corinthians 1:4 (NT)	f. Receiving His Word
___7. 1 Corinthians 15:56-57 (NT)	g. His name is holy.
___8. 2 Corinthians 2:14 (NT)	h. He hears us.
___9. 1 Thessalonians 2:13 (NT)	i. He leads us in the winner's parade because we belong to Christ. Through us, He spreads the knowledge of Christ everywhere.
___10. 2 Thessalonians 1:3 (NT)	j. His decisions are very fair.

Those are ten good reasons for you to praise and thank God. One of them, 1 Corinthians 15:56-57 (NT), says that God wins the battle for us over sin and death. How does He do that? When we believe and confess Jesus as Lord and Savior, God forgives us of our sins and gives us eternal life with Him in heaven. As you grow up in Jesus and become more like Him, God gives you the strength to resist sin and win the battle over it. When this life is over, you go from living on earth to living in heaven. This is what winning the battle over death means.

As a Christian, it is your responsibility to become more like Jesus. How can you become like God's own Son? First of all, you cannot do it alone, and God does not expect you to. He will help you, but you must have faith or believe that He will. Philippians 1:6 (NT) says, **"I am sure that the One who began a good work in you will carry it on until it is completed. That will be on the day that Christ Jesus returns."** God is the One who has begun a good work in you, and He will complete it.

First Corinthians 1:4 (NT) says to praise and thank God because He gives grace to those who belong to Christ Jesus. In this verse, "grace" means divine influence over the heart. It also means favor. In other words, when you thank and praise God, He will help you to become more like Jesus. You will have favor with Him.

In addition to having faith in God's ability to change you into the image, or likeness, of Jesus, you must read, study, and obey God's Word. Pray to Him. Share your faith with others. If you are to become like His Son, praise and thank the Father.

Jesus, too, is worthy of your thankfulness and praise. You'll learn about this in Lesson 3. See you there!

That's enough for today. Let's review what you've learned:

- Review the 10 reasons in this lesson to praise and thank God.
- When you praise and thank God, He gives you grace.
- With God's help, you can become more like Jesus.

This week's memory verse is Ephesians 5:20 (NT). Below it is written.

"Always give thanks to God the Father for everything. Give thanks to him in the name of our Lord Jesus Christ."

- 11.** Write this verse and where it is located in the space provided. Say it silently to yourself three times.

Activity: Have you ever taken a blessing inventory? A blessing inventory is a list of all the blessings, or good things, in your life. Use the chart below to make your own blessing inventory. When you're finished, thank and praise God for all He has done for you.

My Blessing Inventory	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

Lesson 3

Thanking Jesus

In Lesson 1, you learned that thankfulness means to appreciate or be grateful for someone or something in your life. In Lesson 2, you studied about the many reasons listed in God's Word for praising and thanking Him, but is there anyone else you should thank? In this lesson, you'll learn that there is. You should also thank God's Son, Jesus Christ.

Turn in your Bible to 1 Timothy 1:12 (NT). Read this verse, and fill in the blanks that follow.

- 1. "I am thankful to _____ our Lord. He has given me strength. I _____ him that he considered me faithful. And I _____ him for appointing me to serve him."**

Paul, who was an apostle or missionary for Christ, wrote this verse. Before Paul met Jesus, his name was Saul. He spent years hurting Christians. When he met Jesus on the road to Damascus, all of that changed, including Saul's name. God changed his name to Paul. God used Paul to preach the good news of Jesus Christ to many people. In the verse you just read, Paul gave thanks to Jesus for giving him strength, for considering him faithful, and for appointing him to serve Christ.

Let's look at one more passage that deals with thanking Jesus. Turn in your Bible to Luke 17:11-19 (NT). Read this passage titled "Jesus Heals Ten Men." Answer the following questions by placing a check mark beside the correct answers.

- 2. Where was Jesus traveling to when he met the ten men?**

- a. Samaria
 b. Galilee
 c. Jerusalem

- 3. What was wrong with the ten men who met Jesus?**

- a. They were crippled.
 b. They had a skin disease.
 c. They were blind.

4. What words did the ten men cry out to Jesus?

- ___ a. “Jesus! Master! Have pity on us!”
- ___ b. “Jesus! Please come here to us.”
- ___ c. “Jesus! Don’t come near us. We’re sick.”



A man with a skin disease asks Jesus to heal him.

5. What happened to the men while they were on their way to the priest?

- ___ a. They got lost.
- ___ b. They were healed.
- ___ c. They walked with Jesus.

6. How many men came back to thank Jesus and praise God?

- a. ten
- b. two
- c. one

7. What did Jesus say to the one man who returned to thank Him? (Check all that are correct.)

- a. “Weren’t all ten healed?”
- b. “Where are the other nine?”
- c. “Didn’t anyone else return and give praise to God except this outsider?”
- d. “Get up and go. Your faith has healed you.”

Jesus was on His way to Jerusalem when He met the ten men with the skin disease. They cried out for Him to have pity on them, or heal them. Jesus told them to go show themselves to the priest. It was a custom in those days that those who had a skin disease would show themselves to the priest after they were healed. The priest would say whether or not they had really been healed. On their way to the priest, the men experienced a miracle. All ten of them were healed!

The sad part about this story is that only one of the ten men came back to praise God and thank Jesus. That man was a Samaritan. Jesus was Jewish. Samaritans and Jews were not friendly toward one another. We don’t know for sure, but Jesus seems to imply that the other nine men that were healed were Jewish. If this was the case, Jesus’ own people didn’t return to thank Him for healing them. Why didn’t they? Perhaps they were just too excited and forgot. Do you ever get so busy with your life that you forget to praise and thank God? Make a decision today to be like Paul and the Samaritan man who was healed. Praise God. Thank His Son, Jesus, for all the wonderful blessings in and around your life!

That’s enough for today. Let’s review what you’ve learned:

- Paul thanked Jesus for strength, considering him faithful, and appointing him to serve Christ.
- Jesus met and healed ten men who had a skin disease, and He told them to go show themselves to the priest.
- Only one of the ten men whom Jesus healed returned to thank Him and to praise God, and he was a Samaritan.
- Choose to thank Jesus and praise God.

This week’s memory verse is Ephesians 5:20 (NT). Below it is written.

“Always give thanks to God the Father for everything. Give thanks to him in the name of our Lord Jesus Christ.”

8. Write this week’s memory verse and where it is located in the space provided. Say it silently to yourself three times.

Activity: Put into practice what you’ve learned in this lesson. In the space below, write a thank you note to Jesus. Thank Him for all the wonderful things He has done for you or given you. You can use the blessing inventory you filled out in the activity of Lesson 2. When you’re finished, read your note aloud to Him.

Lesson 4

Finding Fault and Arguing Are The Opposites of Thankfulness

In Lesson 1, you learned that thankfulness means to be grateful, or to appreciate, someone or something in your life. Did you know that finding fault, complaining, and arguing are the opposites of thankfulness? When you argue and complain, you are showing that you are not grateful for all that God has done for you. God frowns upon those who find fault and argue. See for yourself by turning to the following verses. Read each verse, and fill in the blanks.

1. Philippians 2:14-15 (NT) – **“Do everything without finding _____
or _____. Then you will be pure and without blame. You will be children of God without fault in a sinful and evil world. Among the people of the world you shine like stars in the heavens.”**
2. Jude 15-16 (NT) – **“He (Jesus) is coming to judge everyone. He is coming to sentence all ungodly people. He will judge them for all the ungodly acts they have done. They have done them in ungodly ways. He will sentence ungodly sinners for all the bad things they have said about him. Those people _____ . They find _____ with others. They follow their own evil longings. They brag about themselves. They praise others to help themselves.”**

According to the verses you just read, you should do everything without finding fault, complaining, or arguing. Jude 15-16 says that ungodly sinners, not Christians, argue and find fault with others. Does this mean that you should never speak up if you believe you are being treated unfairly? No, it doesn't mean that. In fact, if you are being hurt by anyone, you should always tell an adult you can trust about it.

What you shouldn't do, though, is find fault and argue with others or talk badly about them. People usually talk badly about someone else because they are jealous of the other person. Jealousy is not a good thing. It's ugly. Don't be jealous of others. God made you special. He loves you very much, and you don't need to be jealous of anyone else.

Now that you know that finding fault and arguing are the opposites of thankfulness, let's read a Scripture that tells you how you should treat others. Turn in your Bible to Ephesians 4:29-32 (NT). Read these verses. Using the word list on the next page, complete the following sentences taken from this passage.

Word List

anger

Holy Spirit

mouth

build

Forgive

3. You should not let any evil talk come out of your _____.
4. You should say only what will help to _____ others up and meet their needs.
5. When you speak unkindly about others, you make God's _____
_____ sad.
6. You should get rid of all hard feelings, _____ and rage.
7. _____ others just as God has forgiven you because of what Christ has done.



Say only what will build up others.

Ephesians 4:29-32 (NT) can be summed up in two words—**love others**. Loving others is one of the two greatest commandments that Jesus gave while He was on the earth. The other one is to **love God with all your heart, soul, and mind**.

Over the next several lessons, you'll read and study about different people in the Bible. Some of them were thankful and some of them were not. There's a lot to be learned from their stories. See you there!

That's enough for today. Let's review what you've learned:

- Finding fault, complaining, and arguing are the opposites of thankfulness.
- God's Word says to speak only those things that will build others up and meet their needs.
- Love others.

8. Write this week's memory verse and where it is located in the space provided.

Activity: Think of someone that you know that you could build up today by saying, writing, or doing something kind for that person. Have you got someone in mind? Now, think of what you can do to help that person or build him/her up. Write it in the space that follows. You might need to go to that person and ask what you could do to help. When you help others, you are obeying God, and He will bless you for it!

It's time to take *Choosing Thankfulness Quiz 1*.

Choosing Thankfulness Quiz 1

Lessons 1-4

Below are 20 statements. Put a “T” in front of those statements that are true. Put an “F” in front of those statements that are false.

- ___ 1. Thankfulness means to be grateful or appreciate someone or something.
- ___ 2. The Bible tells you to give thanks to the Lord.
- ___ 3. You should praise God only when good things happen in life.
- ___ 4. Jesus told His disciples they should not expect any trouble in their lives.
- ___ 5. Jesus has won the battle over the world!
- ___ 6. One of the reasons you should praise God is because He gives grace to those who belong to the world.
- ___ 7. You should praise God because He is good, and His faithful love continues forever.
- ___ 8. One of the reasons you should praise God is because His name is holy.
- ___ 9. Some of God’s decisions are unfair.
- ___ 10. It is impossible for Christians to become like Jesus.
- ___ 11. You should also thank Jesus.
- ___ 12. Paul thanked Jesus for strength, considering him faithful, and appointing him to serve.
- ___ 13. In the story “Jesus Heals Ten Men,” all ten men returned to thank Jesus and praise God for healing them.
- ___ 14. When one man returned to thank Jesus and praise God for his healing, Jesus asked where the other nine men were.
- ___ 15. It’s possible to get so busy with life that you either forget or choose not to praise God and thank Jesus.
- ___ 16. Finding fault and arguing are part of being thankful.

- ___ **17.** Philippians 2:14 (NT) says to do some things without finding fault or arguing.
- ___ **18.** Jude 15-16 (NT) says that ungodly sinners argue and find fault with others.
- ___ **19.** You should only say things that will help others and build them up.
- ___ **20.** It's okay to say mean things to others if they have hurt you.

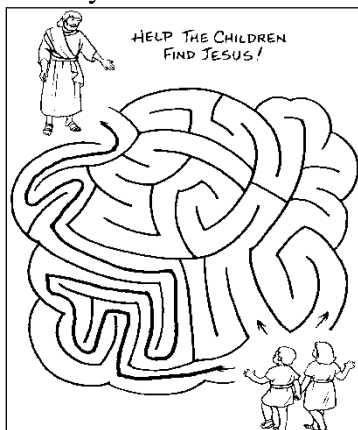
21. Write this week's memory verse and where it is found in the space provided.

Choosing Thankfulness Answer Key

Lesson 1:

1. Thankfulness means to appreciate or to be grateful for someone or something in your life.
 2. thanks
 3. praise
 4. thanks
 5. thanks, thanks
 6. thankful
 7. thanks, thank
 8. a,b,c; 9.a,c
10. “Always give thanks to God the Father for everything. Give thanks to him in the name of our Lord Jesus Christ.” Ephesians 5:20

Activity:



Lesson 2:

1. g; 2.d; 3.b; 4.j; 5h; 6.a; 7.c; 8.i; 9.f; 10.e
11. “Always give thanks to God the Father for everything. Give thanks to him in the name of our Lord Jesus Christ.” Ephesians 5:20

Activity: Any blessings listed are acceptable.

Lesson 3:

1. Christ Jesus, thank, thank
 2. c; 3.b; 4.a; 5.b; 6.c; 7.a,b,c,d
8. “Always give thanks to God the Father for everything. Give thanks to him in the name of our Lord Jesus Christ.” Ephesians 5:20

Activity: Any sincere thank you note is acceptable.

Lesson 4:

1. fault, arguing
2. complain, fault
3. mouth
4. build
5. Holy Spirit
6. anger
7. Forgive

8. “Always give thanks to God the Father for everything. Give thanks to him in the name of our Lord Jesus Christ.” Ephesians 5:20

Activity: Any answer is acceptable.

Quiz 1: (Each question worth 5 points with possible 5-point bonus.)

1. T; 2.T; 3.F; 4.F; 5.T; 6.F; 7.T; 8.T; 9.F; 10.F; 11.T; 12.T; 13.F; 14.T; 15.T; 16.F;
17. F; 18.T; 19.T; 20.F

21. “Always give thanks to God the Father for everything. Give thanks to him in the name of our Lord Jesus Christ.” Ephesians 5:20