

Week 1

HEAR

Read 1 Thessalonians 5:16–18 together.

Start with this:

What are some things people your age complain about all the time? Make a list together. Don't overthink it – school, homework, parents, siblings, sports, friends, food, phones, chores, etc.

Then ask:

- Why is complaining so easy?
- Why do you think it's sometimes easier to notice what's going wrong than what's going right?

Remember: Thankfulness is choosing to notice God's goodness instead of only focusing on what's missing.

PRAY

Give everyone a piece of paper or index card. Divide it into three sections:

GOD HAS GIVEN ME...
PEOPLE I'M THANKFUL FOR...
SMALL THINGS I OFTEN OVERLOOK...

Give students a few minutes to add things to each of the categories. When you're done, have everyone share one thing from their list and answer which category was the easiest to come up with?

Then have students use their lists to pray.



TALK

- Do you think being thankful can actually change how you feel about your day? Why or why not?
- What usually makes it hard for you to be thankful?
- What's one good thing in your life right now that you probably take for granted?

What do you think would happen if you started looking for things to thank God for every day?

LIVE

Think of **one person you're thankful for.**

It could be:

- A parent or family member
- A friend
- A teacher
- A coach
- A leader
- Someone who helped you recently

Now think of **one specific reason** you're thankful for them.

"I'm thankful for you because _____."

The goal is to be specific. **Then put it into practice because we're about action here.**

Choose one: **TEXT IT-** Send them your message right now. **SAY IT-** If they're here or you'll see them soon, tell them in person. **WRITE IT-** Write them a note and give it to them.

CHALLENGE THIS WEEK AS A GROUP:

Every day this week, notice **one thing you might normally overlook** and thank God for it.