

26TH NOVEMBER 2023

Overview of Today's Lesson

THEME

Shout Out

BOTTOM LINE

Make a habit of being grateful

BIBLE REFERENCE

The Lord's Supper/Passover
1 Corinthians 11:23-26, Exodus 12

MEMORY VERSE

"Give thanks to the Lord, because
He is good. His faithful love
continues forever."
Psalms 136:1 NIRV

Programme Breakdown

1. Introduction
2. Praise and Worship
3. Lesson Video
4. Activity Pages

Activity Pages you need:

1. Prayer and Reflection

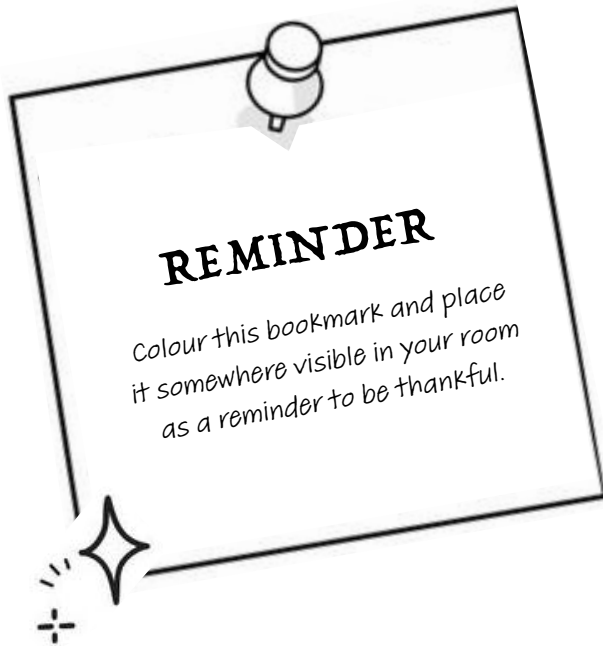
Materials you need:

1. Pencil / Pen

Prayer and Reflection

November Week 4

There are 3 steps to form a habit: Reminder, Routine, Reward.



ROUTINE

One way you can make a habit of being grateful is by thanking God while you do things you do every day. Here are 5 examples.



BRUSH TEETH



GET DRESSED



EXERCISE



WASH HANDS



GO TO BED



Each time you remember to thank God, reward yourself (with a bite/sip of your favourite snack/drink, or 5min of your favourite game/activity).



Choose 1 of the examples above or write down a time you would like to thank God every day for the next 21 days.

I will make a habit of thanking God everyday by thanking Him when I

Make a habit of being grateful by using these 3Rs: Reminder, Routine, Reward.

LET'S PRAY!

Dear God, when we remember how You sent Jesus to die in our place, we will always have something to be grateful for. Even on our worst day, we can have a heart of gratitude because we know You are watching over us and Your plans are always good. In Jesus' name we pray, Amen.

"Give thanks to the Lord,
for he is good.
His love endures
forever."

Psalm 136:1,
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