

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Series of horizontal dotted lines for journaling.



Day 1

After watching, write one thing that:

Watch this week's episode of The So & So Show by going to: https://bit.ly/PreteenSundaysatHome

Even if you already saw it at church, feel free to check it out again!

1. You liked:

2. You learned:

3. You'd like to know:

## Day 2

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### Read Luke 17:11-19

Get a sheet of paper, pencil with an eraser, and two different colored pencils or pens. Look up a map that has Samaria, Galilee, and Jerusalem on it. Trace or copy the map onto your sheet of paper.

As you read through Luke 17:11-19, use one of the colors to draw an X somewhere on the border between Samaria and Galilee to represent Jesus. Then, from the X, draw a dotted line on your map representing the route Jesus may have taken (see verse 11).

Then use another color to draw 10 small circles to represent the 10 men who were sick. Draw dotted lines to represent the path they might have taken when they ran into Jesus, and then the path they took to meet with the priest. Lastly, add a third dotted line from one of the circles back to Jesus.

It may have been out of the way, but for one of the men saying thank you to Jesus mattered more to him than inconvenience.

## Day 3

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Use the following words to help fill in the blanks in the prayer; then pray the prayer out loud.

- SENDING
- WALKING
- LOVING
- MAKING
- CREATING

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Dear God, there is so much I can thank You for. Thank You for \_\_\_\_\_  
\_\_\_\_\_ me and for \_\_\_\_\_  
\_\_\_\_\_ this beautiful world to explore, for \_\_\_\_\_  
\_\_\_\_\_ Jesus when humankind messed up and sin entered the world, and for \_\_\_\_\_  
\_\_\_\_\_ us. Thank You for \_\_\_\_\_  
with us each and every day too, God. I love You, and I am thankful. In Jesus' Name, we pray. Amen.

## Day 4

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Who (and why!) are you thankful for in the following situations:

At home: \_\_\_\_\_  
\_\_\_\_\_

At school: \_\_\_\_\_  
\_\_\_\_\_

At after-school activities: \_\_\_\_\_  
\_\_\_\_\_

At church: \_\_\_\_\_  
\_\_\_\_\_

In your neighborhood: \_\_\_\_\_  
\_\_\_\_\_

Look back at what you wrote and choose three of the names you wrote. Find each of these people sometime today and say, "Thank you." Be specific as you let others know you see how they've helped you!



## Day 5

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Grab the gratitude journal you made earlier this month and some type of alarm clock or phone timer.

Set the timer for one minute and do a brainstorm. Write down what you're grateful for – as many things as you can think of.

Re-set the timer for another minute and use that time to thank God for everything you wrote on the list.

Re-set the timer one more time and either send a text or write a note to one of the people on the list you made, thanking them for what you are grateful for—be sure and mention that you just thanked God for them too!

It's important to **take time to say thank you.**