

RAISING

RESILIENT

KIDS (AND ADULTS)!

LESSON 2 // THINK THANKS

Big Idea: Gratitude is a key characteristic of resilient people we observe in Scripture and in everyday life. If we're going to be resilient people who raise resilient kids, we must learn to be thankful.

This doesn't come naturally because we're wired to look for the negative in life. To change and become people of gratitude, we have to stop our negative thoughts and words and instead practice gratitude with intentional remembering, rejoicing, reframing and repeating.

1 Thessalonians 5:18 (NIV) Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Ephesians 5:20 (NIV) Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Start Talking:

What are some of the reasons you're thankful to God? In what ways are you thankful for the people He has put in your life?

Start Thinking:

Read Ephesians 5:18 and 1 Thessalonians 5:18. Why is it so important to be a thankful person and parent? What happens if you let negativity dominate what you think and say?

Read 2 Corinthians 10:3-5 and Ephesians 6:10-18. How does God command us to combat negative thinking and evil influences in our hearts and minds?

Read Psalm 23. What does this psalm teach you about the value of "intentional remembering"? How can this help you become a more grateful person?

Read Romans 8:28, 31-37. In what practical ways can you "intentionally reframe" your thinking and responses to challenges in your life based on these verses? How can this help you become more resilient?

Start Praying and Doing:

Pray that God will help you grow in gratitude. Ask Him to give you a heart that's increasingly thankful for who He is and all He's done for you, and thankful for those He has put in your life.

Also look for ways to encourage others—including your children, or children who are part of your life—to be thankful through your example and words. Simple verses like 1 Thessalonians 5:18 and Psalm 107:1 can be excellent reminders of why and how we should give thanks. Talk about the importance and value of gratitude in becoming a resilient person who is able to tackle and overcome life's challenges.