

WHAT IS  
KEEPING YOU  
FROM BEING  
GRATEFUL?

[illegible]

## Preteen

## Week 4



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

### Read Matthew 20:1-15

As you read Matthew 20:1-15, fill in the clock faces below with each time the owner went out to recruit workers. (Note: for the first clock, you can use 7 am.)



Circle the clock that you think represents the workers most deserving of the full pay.

Now circle the clock that you think represents the workers who should be the most grateful.

Trick question! While it might seem the workers who worked the least amount of time should be the most grateful for the pay, the truth is, the owner paid even the longest working workers a fair wage. Instead of being grateful for the paycheck, the workers who worked the longest had a bad attitude—what a waste of a good payday!



## Day 3

**If you were to explain the story in Matthew 20 to others, probably almost everyone would sympathize with the early workers.**

It's not easy to see others getting as much or more than you if you feel you worked harder or longer. That's why you need help adjusting your attitude.

Think about a situation that made you grumpy recently. Maybe you did some of your brother's chores, and your mom gave you both a reward. Maybe you won the geography bee for your team, but your school celebrated the whole team.

The first step to adjusting your attitude is to recognize that you're not being grateful. Tell God about the situation and explain why it made you grumpy.

Then flip the situation upside down. Think about the things you have to be grateful for . . . like the reward of a late bedtime to watch a movie, or the fun time you had at the class party your school threw for the bee winners. As you thank God for the positives, drop your arms and turn your palms upward to say thank you. As you physically change your posture, ask God to change your attitude as well.

## Day 4

**Sometimes we don't even realize our attitudes need adjusting.**

We might be caught in a negative mindset so we can't see how our attitudes are affecting our outlook, stealing our gratitude and impacting those around us too. No one likes to be around someone who's negative and complaining about things all the time, but sometimes, we don't realize that we've become that kind of person.

Today, do the hard work of finding out how others see you. Are you the kind of person who is always complaining, or do you often express gratitude for the blessings in your life?

Make a list of three people who you know love you and will be honest with you. They should be people you trust, who want the best for you.

Now go to each of those people and ask them to be honest with you: do you need to adjust your attitude? Or do you live a life of gratitude? If you find out you have some work to do (hint: we all do), don't worry: we've got a plan for that tomorrow!



## Day 5

**Adjusting your attitude takes practice.**

It's easy to complain and be negative, but it takes lots of work and practice to focus on the positive. The first step is to ask God for help, but after that, it can also help to recruit others around you.

Form a Gratitude Task Force. Find at least 2-3 other people—a sibling, a parent, a friend and ask them for help. Commit together to adjust your attitudes: every time you catch each other saying something negative or complaining, shout, "GTF!" When someone shouts that, whoever complained must name three things they're thankful for.

Keep the GTF going for at least a week or two, until you feel yourself becoming more aware of the times when you need to adjust your attitude. And when you find your attitude becoming negative, focus on the things you have to be grateful for!