

# Sabbath Sunday

Family Devotion

November 27, 2016



## "Thankful"

1 Thessalonians 5:16-18- Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

When we lead with gratitude and name the things, people, and circumstances we are thankful for, we are naming that we are blessed by a good God who gives good gifts, provides "manna" in the wilderness, and who goes before us with grace.

# Family Activity: DITTO!

Sit in a circle formation (on the couch or around a table). The goal is to try to name as many things (that you are thankful for) as you can, as fast as you can, going around the circle without repeating.

When someone else says something you are also thankful for, you will say, "DITTO" really loud.

Time yourselves and try to name things you are thankful for (as a group, going around the circle) for 3, 4, or 5 minutes. Encourage everyone to be as creative as silly as they want to be.



Watch this TED talk

[365 Project](#) by Hailey Bartholomew



Talk about the video, giving each person space to share.

- What were some things that surprised you about this video?
- What are some small things that a member of your family does for you that you appreciate?
- What do you think about what Hailey says about our expectations?



Pray together

Once you are finished discussing, invite each person to pray a "one sentence" prayer naming something they are thankful for and someone or something that needs our prayers.

Amen.