



GIVE THANKS IN ALL CIRCUMSTANCES

- 1 THESSALONIANS 5:18



Thankful, Happy, and Content: A Parent's Guide

This printable guide helps parents teach children how to be thankful, happy, and content in every circumstance. It's built around 1 Thessalonians 5:18 — "Give thanks in all circumstances." Each section includes conversation starters, activities, and reflection moments to help build gratitude and joy at home.

1. Talk About Thankfulness

- Ask your child to name three things they're thankful for today. Encourage them to include both big and small blessings — from family and friends to their favorite snack or pet. Explain that being thankful helps us notice how much God loves and provides for us.
- Read together: 1 Thessalonians 5:18 and Philippians 4:6-7. Discuss how giving thanks helps us find peace and joy.

2. Practice Happiness

- Happiness often comes from simple, shared moments. Have a 'Happy Challenge' at home — everyone shares something that made them smile that day. Write them on sticky notes and post them on a 'Joy Wall.'
- Discuss how happiness can come from kindness and gratitude, not just from things we own.

3. Learn Contentment

- Explain that being content means being okay with what we have and trusting God to provide what we need. Share a personal story about a time you learned to be content.
- Read together: Philippians 4:11-13. Ask: 'What does it mean to be content even when things don't go our way?'

4. Family Activity: The Thankful Tree

- Print or draw a tree with many blank leaves. Each day, write or draw one thing your family is thankful for on a leaf. Watch your Thankful Tree grow as a reminder of God's faithfulness.

5. Reflection and Prayer

- At bedtime, pray together: "God, thank You for today. Help us to be thankful for what we have, happy in our hearts, and content in Your care. Amen."

Remember: A thankful heart leads to a happy spirit, and a content soul rests in God's love. Keep practicing these three virtues as a family and watch how joy grows in your home.