



NOVEMBER THEME



BIBLE STORY

1 Corinthians 11:23-26, Exodus 12

I Could Not Ask for More | Lord's Supper/
Last Supper

BOTTOM LINE

Get in the habit of being grateful

MEMORY VERSE

"Give thanks to the Lord, for he is good.
His love endures forever."
Psalm 136:1, NIV

LIFE APP

Gratitude | Letting others know you see
how they've helped you

BASIC TRUTH

I can trust God no matter what



•• **THURSDAY 11/26**

SHARE | Highs and Lows...what was great about today? What was tough?

READ | Hebrews 12:28

TALK | God's amazing blessings are all around us: in a beautiful sunset, in the kindness of a friend, in the help of a stranger. Take a look around and SEE the amazing things God has done in your life today.

PRAY | For your family's highs and lows, for our world's leaders to make wise choices, for health and healing, for anything/anyone else who needs prayer, for a heart that experiences and expresses gratitude...

BLESS | Seal each other with the sign of the cross on foreheads or hands, saying something that reminds you about Jesus' love: "You are a loved child of God," "Jesus loves you and so do I," or the baptismal promise: "You have been sealed by the power of the Holy Spirit and marked by the Cross of Christ forever."

•• **FRIDAY 11/27**

SHARE | Highs and Lows...what was great about today? What was tough?

READ | Colossians 3:17

TALK | Did you ever think about how our gratitude reflects God's love? When we live out our thanks, we share love...for others and for God from whom all blessings flow. Live out your gratitude today.

PRAY | For your family's highs and lows, for our world's leaders to make wise choices, for health and healing, for anything/anyone else who needs prayer, for a heart that experiences and expresses gratitude...

BLESS | Seal each other with the sign of the cross on foreheads or hands, saying something that reminds you about Jesus' love: "You are a loved child of God," "Jesus loves you and so do I," or the baptismal promise: "You have been sealed by the power of the Holy Spirit and marked by the Cross of Christ forever."

•• **SATURDAY 11/28**

SHARE | Highs and Lows...what was great about today? What was tough?

READ | Philippians 1:3

TALK | It's easy to get so caught up in life's crazy details and forget to SAY "thank you" to those who show up in your life. Who is someone who helped you with a kind smile or word of encouragement? Take a minute to thank them today.



PRAY | For your family's highs and lows, for our world's leaders to make wise choices, for health and healing, for anything/ anyone else who needs prayer, for a heart that experiences and expresses gratitude...

BLESS | Seal each other with the sign of the cross on foreheads or hands, saying something that reminds you about Jesus' love: "You are a loved child of God," "Jesus loves you and so do I," or the baptismal promise: "You have been sealed by the power of the Holy Spirit and marked by the Cross of Christ forever."

•• SUNDAY 11/29

SHARE | Highs and Lows...what was great about today? What was tough?

READ | Luke 22:19

TALK | This verse reminds us of a habit we can live each day...praying before we eat. Giving thanks for the food we're about to enjoy, for the hands who prepared it, for the gift of nutrition and goodness, for God's presence with us, always.

PRAY | For your family's highs and lows, for our world's leaders to make wise choices, for health and healing, for anything/ anyone else who needs prayer, for a heart that experiences and expresses gratitude...

BLESS | Seal each other with the sign of the cross on foreheads or hands, saying something that reminds you about Jesus' love: "You are a loved child of God," "Jesus loves you and so do I," or the baptismal promise: "You have been sealed by the power of the Holy Spirit and marked by the Cross of Christ forever."

•• MONDAY 11/30

SHARE | Highs and Lows...what was great about today? What was tough?

READ | Psalm 118:24

TALK | This is the day the Lord has made! What are you thankful for today? Share your gratitude with someone!

PRAY | For your family's highs and lows, for our world's leaders to make wise choices, for health and healing, for anything/ anyone else who needs prayer, for a heart that experiences and expresses gratitude...

BLESS | Seal each other with the sign of the cross on foreheads or hands, saying something that reminds you about Jesus' love: "You are a loved child of God," "Jesus loves you and so do I," or the baptismal promise: "You have been sealed by the power of the Holy Spirit and marked by the Cross of Christ forever."

•• TUESDAY 12/01

SHARE | Highs and Lows...what was great about today? What was tough?

READ | Psalm 136:1

TALK | As we begin the season of Advent, carve out some time each day to celebrate gratitude: SEE God's goodness and record it in your gratitude journal; SAY 'thank you' to those who bless you; SHARE God's goodness with others.

PRAY | For your family's highs and lows, for our world's leaders to make wise choices, for health and healing, for anything/ anyone else who needs prayer, for a heart that experiences and expresses gratitude...

BLESS | Seal each other with the sign of the cross on foreheads or hands, saying something that reminds you about Jesus' love: "You are a loved child of God," "Jesus loves you and so do I," or the baptismal promise: "You have been sealed by the power of the Holy Spirit and marked by the Cross of Christ forever."

•• WHAT'S NEXT

Set a reminder to join us for WOW @home on Wednesday 12/02 at 6:00 pm live at [facebook.com/popchildrens](https://www.facebook.com/popchildrens) or anytime after that at [popmn.org/youtube](https://www.popmn.org/youtube) for a time of worship centered around the [Bottom Line]: **We can have HOPE because God keeps God's promises.**