

Hello 4th and 5th Grade Parents!

OUR THEME FOR THE MONTH OF NOVEMBER IS:



I'm very excited to focus on thankfulness this month! God is faithful, true and good. I have so much to be grateful for. Your family is one of the many blessings in my life, and I am so thankful for the honor of serving you and your child(ren).

Here is everything you need for your family HCKids at home activities. Just follow the directions on the Parent Guide (next page) for any of the things you and your child(ren) are interested in doing. Also included in this document is the link to the Bible Video. At the end of the document you will find the "God Time" pages for your child(ren) to be able to do a daily devotional throughout the week.

Please be sure to connect with NexGen through our monthly "Spiritual Discipleship Boxes". If you are unable to attend the monthly event, you can pick up your box at church or we can deliver it to your door. Just let me know what you'd like to do!

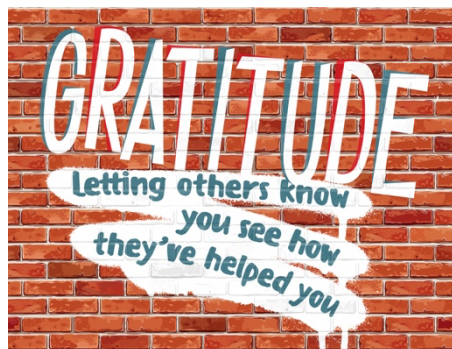
Praying you all are well, safe, growing in faith and thankfulness, and having fun during our time apart! Please reach out if you need anything at all.

HAPPY THANKSGIVING!

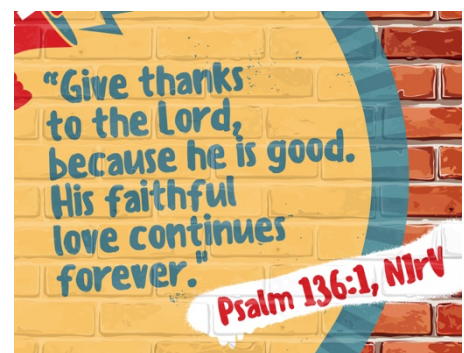
Lisa Osborne

HCKids Elementary Director

NOVEMBER'S LIFE APPLICATION:



THIS MONTH'S MEMORY VERSE:



TODAY'S BOTTOM LINE:



Shout Out: Let 'em Know You're Thankful

Use this guide to help your family learn how
God wants us to be grateful.

First, watch
this week's
video!

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

Memory Verse

Give thanks to
the Lord, because
he is good. His
faithful love
continues forever.
Psalm 136:1, NIV

Bible Story

Lord's Supper /
Last Supper
1 Corinthians 11:23-26,
Exodus 12

Key Question

What helps you
remember to be
grateful?

Activity

Paper Plate Circle

WHAT YOU NEED:

Six or more paper plates (or sheets of paper), and
something to write with

WHAT YOU DO:

On one side of each paper plate, write down the name
of a person who lives in your home. If you need to add
names to get to six, add the names of the people your
family is closest to. (You can have more than six.)

Then, using the paper plates, form a circle on the
floor. The names should be face down on the floor.

Play a game with your child. Tell them to start at one paper
plate, then move left or right around the circle, depending
on their responses to the following statements.

- Move one plate to the left if you said thank you
to someone today.
- Move one plate to the right if you can
remember what you were given for your
birthday last year.
- Move two plates to the right if you did
something for someone today and they
thanked you for it.
- Move one plate to the right if you can think of
something you're grateful for right now.
- Move two plates to the right if you sometimes
forget to say thanks.
- Move one plate to the left if you thanked God
the last time you ate a meal.

Now say, "Pick up the paper plate and read the name on
the back. In the next 24 hours, think of one thing that
person has done for you that you're grateful for, and
tell them thank you. You can tell them to their face, you
can write them a note, or you can call or text them."

If you have time, repeat the process by starting on a
different plate for the second round.

Follow up with your child tomorrow and ask if they
completed their "thank you challenge."

Talk About the Bible Story

What happened during the first Passover?
(*God saved His people from the last
plague in Egypt by passing over the
houses of the people who had lamb's
blood painted on their doorframes.*)

Why did people continue to celebrate
Passover? (*to remember that God
rescued them from slavery*)

What are some of the things that were
a part of the Passover celebration?
(*People ate a meal with lamb and flat
bread.*)

Why do followers of Jesus celebrate
communion, or the Lord's Supper? (*to
remember that Jesus rescued us by
dying on a cross for our sins*)

What helps you remember to be
grateful?

Prayer

Use this prayer as a guide, either
after talking about the Bible story
or sometime before bed tonight:

"Dear God, when You sent us Jesus,
You gave us the one thing we can
always be grateful for every day. Even
on our worst days, we can be thankful
because we know You are watching
over us and Your plans are always
good. Help us to remember what
You've done for us and to thank You
often. In Jesus' name, amen."

~~~~~

[illegible]

AVAILABLE FOR IOS AND ANDROID DEVICES

---



After watching, write something that:

6. You'd like to know: \_\_\_\_\_

## Day 2

Read 1 Corinthians 11:23–26

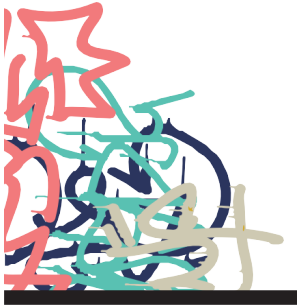
In Exodus 12, you can read all of the details of the Passover meal. This was the meal that God commanded His people to eat in remembrance and gratitude for being freed from slavery by the Egyptians.

Then, in 1 Corinthians 11, we read about Jesus celebrating the Passover with His disciples the night before He was arrested. During that special meal we call the Last or Lord's Supper, Jesus gave His disciples a new command: to take the Lord's Supper in remembrance of His death for our salvation.

**What does Jesus say these specific parts of the Last Supper represent?**

The broken bread: \_\_\_\_\_  
The cup/drink: \_\_\_\_\_

These meals may seem a little ceremonial and intimidating if you've never participated in one, but they serve a simple but very important purpose: to remind us of what God has done, and to call us to remember with gratitude.



## Day 3

Is your family in the habit of praying at meal time? What about bed time, or when you wake up in the morning?

One of the best ways you can get in the habit of being grateful is to build times into the routine of your day when you are taking time to thank God. Try following this simple schedule today (or adjusting it to fit your personal schedule better):

**When you wake up:** Thank God for something you're looking forward to.

**When you eat your meals:** Thank God for your food, and for anyone who helped prepare the meal.

**When you go to bed:** Thank God for something that happened during the day.

When you build a routine of gratitude prayers, soon you will find it's a habit that brings joy and positivity into your day!

## Day 4

It wasn't just a coincidence that both the Passover and the Last Supper were communal events.

God wants us to be grateful as individuals, but He also created us to live in commune with each other, and to live out our gratitude with others.

Invite a friend to share a meal or snack with you today, and as you eat, share with each other some of the things you are grateful for. (And don't forget to thank God for your food before you eat too!)

Reflect back on the month of gratitude. How has your outlook on life changed since you started making gratitude a habit? What new habits have you developed this month that you want to keep going forward?



## Day 5

How are things going with your Gratitude Journal from Week 1? Are you keeping up with it?

If you are, awesome! You are well on your way to forming a habit of being grateful. Keep it up, and maybe even consider writing three things each day. It's okay if you have some repeats—some things are so awesome that you will want to celebrate them often! But try to think of new things too. They don't have to be "big" things either. Sometimes you might be thankful for your house, your family, and sometimes it might be chocolate or your favorite video game!

If you haven't been keeping up with it, try to figure out why. What are some other things you're in the habit of doing? Maybe thinking about why you're good at completing those tasks will help you figure out how to create this habit. Does a particular time of day work better for you? Perhaps you need to stick the journal somewhere you'll see it when you first wake up, or as you're about to go to sleep at night? It doesn't matter when or where you take time to be grateful, just that you get in the habit of being grateful!

