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**MAKING JESUS REAL – SESSION 4 -  THANKS**

On our journey to become a W E S T person this week’s focus is on T for Thanks.

This week we will be talking about how to say thanks more often and to appreciate life around us.

Thank you is one of the first words that we learn when we are young but by the time the children get to school they somehow forget to use it. People do things for us every day but we often are so busy that we ignore it and start to expect it.

We need to change this behaviour and start acknowledging what people do for us by learning to say ‘thank you’.

We must make sure that we say thanks at least 6 times a day. We tend to only say thank you when we are given something but it doesn’t have to be just for that. It should be for all the little things that people do to help us every day. It is an acknowledgement that you appreciate what they do. It really makes a difference.

We also need to stop and thank God for all he has given us.

You all have had moments when something surprises you e.g. seeing a rainbow, the sun coming through a cloud, a fantastic view, a child’s laugh, the birth of a child etc., these are the God moments the ‘ah ha’ moments and the times that we should be looking for more in our daily lives. These God moments are when we should stop and absorb the feeling and then respond with ‘thank you’.

When you start looking for the good that is done every day you will be surprised at how often you will be saying thank you. The more you look for it and say it, the more it will become a habit - a great habit that will become embedded in your life. You will be pleasantly surprised what a difference it makes to other people and hopefully your attitude will be infectious and be adopted by them as well.

The word 'THANKS' is a small word that should be used by everyone. We all like to be thanked for the small things we do for others.

Why not try it?

**THANKS REFLECTION:**

Ask Jesus to help you change your habits by doing this little reflection.

Find 5 minutes to sit silently. Read and Think about these questions. That is prayer.

Did I thank my partner and children for helping me around the house?

Did I thank my partner for making me dinner?

Did I thank my friend for listening to me?

Did I thank I children for putting the clothes in the washing machine or for having a bath?

Did I show my gratefulness for the interest of the school in my children and say 'thanks'?

Did I stop and take the time to focus on something to see its beauty?

What did I find beauty it today?

Did I thank God for the beautiful sunset or rain or view or a piece of nature?

Did I thank God for my wonderful family?

Did I thank God for giving me the strength or courage that I needed today?

Children’s reflection:

When was the last time I thanked mum or dad for the many things they do for me e.g. cooking my dinner, dropping me off to sport, washing my clothes, cleaning my bedroom? We expect it so we forget to thank them for it.

Did I thank my friends, or my teacher or my principal today?

Did I thank my bus driver or my coach? Did I stop and look at nature and thank God for it? Are we grateful to God for where we live, our country, our family and our health?



**ACTION:**

Rate yourself as a grateful person – Can I improve?

I am going to look and focus on acknowledging the little things that people do for me.

I plan to say thank you at least 6 times a day so it becomes embedded into my behaviour.