



mountpleasant
baptist church

Children's Activity: Sunday 7 June 2020

Bible Reading: Philippians 4:6

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Discussion Questions:

DISCUSSION: Hot Tip - Allow multiple answers to facilitate in depth discussion. There are no wrong answers, our comments in italics are just a guide for you.

1. What are 5 things you are thankful to God for today? *(They might be things like a warm house, socks and breakfast, your family or an activity you did yesterday.)*
2. Why is it important to stop and be thankful? *(Proverbs 12:25 says anxiety weighs down the heart, but a kind word cheers it up. How do you feel after listing some things to be thankful for?)*
3. What are some things about COVID-19 that you are thankful for?

Prayer:

Thank God for the good things that have come out of COVID-19.

ACTIVITY:

1. Gratitude Flower – Start by cutting out a circle from coloured paper. Next, use a template or freehand cut to create flower petals. On the flower petals, write down things you are grateful for. Glue or tape these petals to the centre to create a flower.



[Source: <https://positivepsychology.com/gratitude-exercises/>]

2. You might like to watch this story about the end of Autumn (Fall):
[God Gave Us Thankful Hearts, by Lisa Tawn Bergren](#)

Please share your thankfulness story of COVID-19 with us by emailing mim.hosking@mounties.org.au this will only be shared with the Ministry Leaders/Pastors unless you indicate otherwise.

together