

Many Ways to Praise

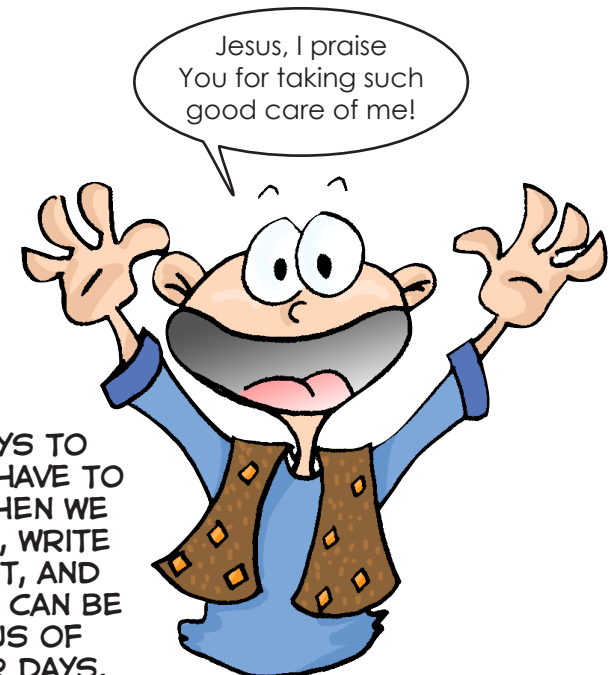
"I AM ALWAYS PRAISING YOU. ALL DAY LONG I HONOR YOU" (PSALM 71:8 ICB).

BUT HOW CAN WE TELL GOD OF OUR GRATITUDE?

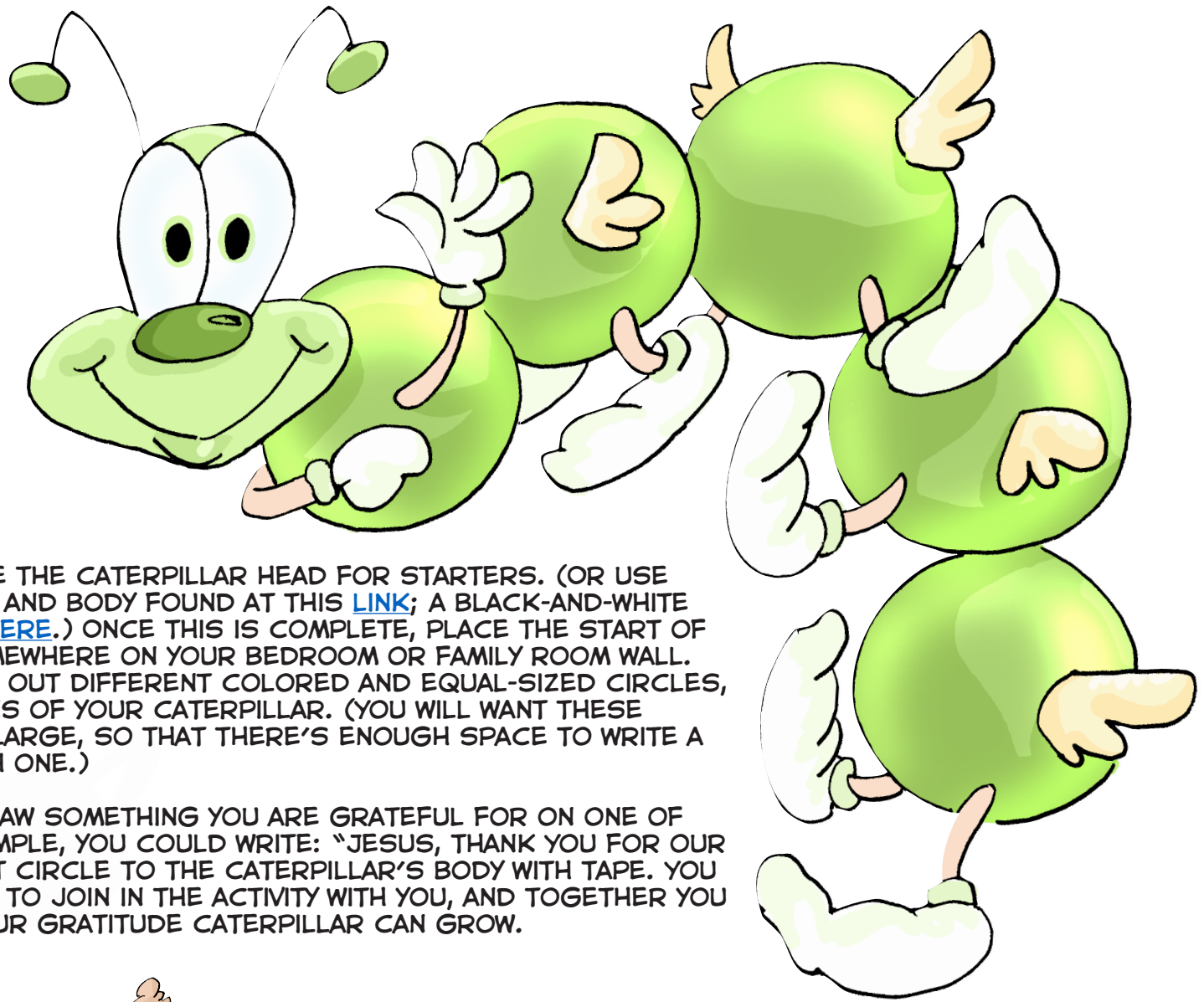
- WHEN WE TAKE TIME TO TALK TO GOD IN PRAYER, WE CAN START BY PRAISING HIM FOR HIS GOODNESS.
- WE CAN PRAISE HIM FOR THE THINGS THAT HAVE BROUGHT US JOY OR MADE US FEEL BETTER IN SOME WAY.
- WE CAN GIVE THANKS BY TELLING GOD OF THE THINGS WE SEE IN CREATION THAT WE ENJOY AND ADMIRE, OR BY THANKING HIM FOR OUR FAMILY AND FRIENDS.

OUR PRAISE AND THANKSGIVING IS ONE WAY THAT WE DRAW CLOSER TO GOD. IT ALSO MAKES US HAPPIER, BECAUSE WHEN WE SPEND TIME THINKING ON THE GOOD AND HAPPY THINGS THAT FILL OUR DAY, WE ARE REMINDED OF THE MANY BLESSINGS THAT FILL OUR LIVES.

WE CAN ALSO LOOK FOR DIFFERENT WAYS TO GIVE THANKS TO GOD. WE DON'T ONLY HAVE TO EXPRESS OUR GRATITUDE IN WORDS WHEN WE PRAY, WE CAN ALSO SING OUR PRAISES, WRITE THEM DOWN, DRAW THEM, ACT THEM OUT, AND MORE. OUR PRAISE AND THANKSGIVING CAN BE FUN ACTIVITIES THAT HELP TO REMIND US OF THE GOODNESS GOD BRINGS INTO OUR DAYS.



Praise Idea 1: Gratitude Caterpillar



YOU WILL NEED TO MAKE THE CATERPILLAR HEAD FOR STARTERS. (OR USE THE CATERPILLAR HEAD AND BODY FOUND AT THIS [LINK](#); A BLACK-AND-WHITE VERSION IS AVAILABLE [HERE](#).) ONCE THIS IS COMPLETE, PLACE THE START OF YOUR CATERPILLAR SOMEWHERE ON YOUR BEDROOM OR FAMILY ROOM WALL. WITH YOUR PARENT, CUT OUT DIFFERENT COLORED AND EQUAL-SIZED CIRCLES, FOR THE BODY SECTIONS OF YOUR CATERPILLAR. (YOU WILL WANT THESE CIRCLES TO BE FAIRLY LARGE, SO THAT THERE'S ENOUGH SPACE TO WRITE A SHORT PRAISE ON EACH ONE.)

EACH DAY, WRITE OR DRAW SOMETHING YOU ARE GRATEFUL FOR ON ONE OF THE CIRCLES. FOR EXAMPLE, YOU COULD WRITE: "JESUS, THANK YOU FOR OUR FAMILY." THEN ADD THAT CIRCLE TO THE CATERPILLAR'S BODY WITH TAPE. YOU CAN INVITE YOUR FAMILY TO JOIN IN THE ACTIVITY WITH YOU, AND TOGETHER YOU CAN SEE HOW LONG YOUR GRATITUDE CATERPILLAR CAN GROW.

"PRAISE THE LORD AND PRAY IN HIS NAME! TELL EVERYONE
WHAT HE HAS DONE" (1 CHRONICLES 16:8 CEV).



Praise Idea 2: Illustrate Your Praise

USE YOUR ART TO EXPRESS YOUR GRATITUDE! FOR THIS ACTIVITY YOU DON'T HAVE TO BE AN OUTSTANDING ARTIST; ALL YOU NEED IS IMAGINATION SO THAT YOU CAN TURN YOUR THOUGHTS OF THANKFULNESS INTO A PICTURE THAT YOU CAN PUT ON PAPER.

THINK OF SOMETHING YOU ARE THANKFUL FOR AND THEN ILLUSTRATE IT ON PAPER. IF YOU ARE THANKING JESUS FOR HELPING YOU IN SCHOOL, YOU COULD DRAW A PICTURE OF WHAT YOU ARE LEARNING, AND THANK JESUS FOR HELPING YOU. HANG YOUR PICTURE SOMEWHERE YOU CAN SEE IT. WHENEVER YOU SEE IT, IT WILL BE A REMINDER OF GOD'S GOODNESS TO YOU.

"AND GIVE THANKS FOR EVERYTHING TO GOD THE FATHER IN THE NAME OF OUR LORD JESUS CHRIST" (EPHESIANS 5:20 NLT).

I had a hard time focusing on school today.



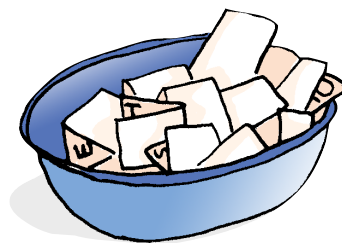
Jesus, You helped me and gave me the key...



...to focus my thoughts and complete my work.



Praise Idea 3: Praise Charades

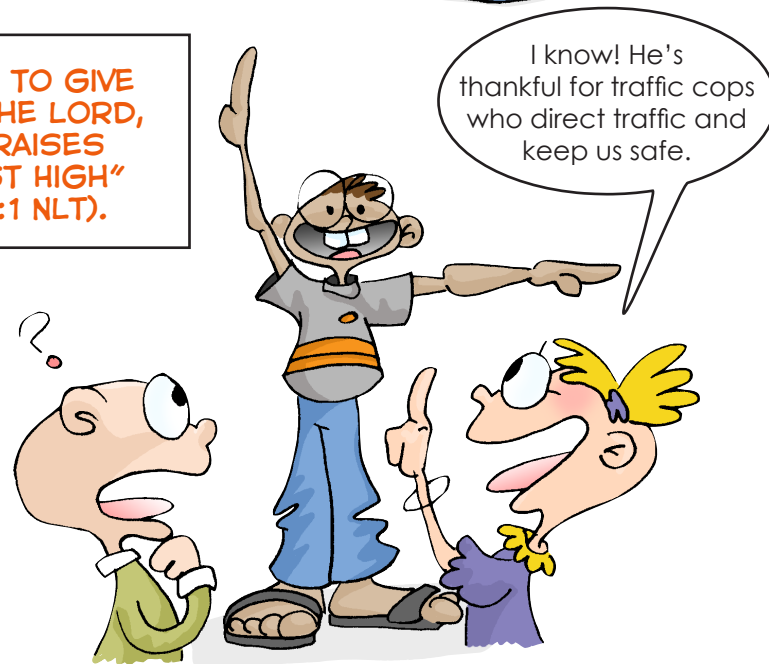


"IT IS GOOD TO GIVE THANKS TO THE LORD, TO SING PRAISES TO THE MOST HIGH" (PSALM 92:1 NLT).

DO YOU LIKE ACTING? IF SO, YOU WILL ENJOY THIS PRAISE ACTIVITY WITH YOUR FAMILY OR FRIENDS. PICK ONE PERSON TO THINK ABOUT SOMETHING HE OR SHE IS THANKFUL FOR, BUT DON'T TELL

ANYONE WHAT IT IS. THEN THAT PERSON DEMONSTRATES WHAT THEY ARE THANKFUL FOR BY ACTING IT OUT OR USING HAND MOTIONS (WITHOUT USING WORDS). THE PERSON WHO GUESSES WHAT THE PERSON WAS THANKFUL FOR SAYS A LITTLE PRAISE TO JESUS FOR THAT SUBJECT AND THEN TAKES A TURN ACTING OUT WHAT HE OR SHE IS GRATEFUL FOR SO OTHERS CAN GUESS. AND ON THE GAME GOES!

YOU CAN ALSO WRITE OUT DIFFERENT THINGS YOU ARE THANKFUL FOR ON PAPER (E.G., FRIENDSHIP, A HOME, GOOD FOOD, ETC.), THEN PLACE THE PAPERS IN A BOWL. TO START THE GAME, SOMEONE WILL PICK A PAPER AND ACT OUT WHAT IS ON THE PIECE OF PAPER FOR THE OTHERS (REMEMBER, WITHOUT WORDS), WHO THEN TRY TO GUESS WHAT WAS WRITTEN ON THE PAPER.



Praise Idea 4: A Cookie Surprise

YOU WILL NEED A PARENT'S HELP WITH THIS ONE, AND IT DOES REQUIRE SOME PLANNING AHEAD. START BY WRITING OUT 12 BIBLE VERSES ON PRAISE OR SPECIFIC THOUGHTS OF THANKSGIVING YOU HAVE (E.G., "THANK YOU, JESUS, FOR YOUR LOVE AND CARE."). PRINT OR WRITE THESE OUT ON SMALL STRIPS OF PAPER (ABOUT 5 CM X 2 CM), CUT THEM OUT, AND FOLD THEM UP. TOGETHER WITH YOUR PARENT, MAKE SOME COOKIES FOR YOUR FAMILY. BEFORE PUTTING THE COOKIES IN THE OVEN TO BAKE, CAREFULLY HIDE ONE OF THE FOLDED PAPERS INSIDE EACH COOKIE.

WHEN THE COOKIES ARE COOKED, SET THEM ASIDE TO COOL. PUT YOUR COOKIES ASIDE FOR A TIME WHEN YOU ARE TOGETHER AS A FAMILY (E.G., AFTER A MEAL OR SPENDING THE EVENING TOGETHER). SERVE YOUR PRAISE COOKIE SURPRISE, AND EVERYONE CAN READ THEIR VERSE OR PRAISE BEFORE EATING THEIR COOKIES. (MAKE SURE TO LET EVERYONE KNOW THAT THERE IS A PAPER INSIDE THEIR COOKIE SO THAT NO ONE ACCIDENTALLY EATS THE PAPER.)



**"I GIVE YOU THANKS, O LORD, WITH ALL MY HEART;
I WILL SING YOUR PRAISES..." (PSALM 138:1 NLT).**

Praise Idea 5: Musical Chairs with a Twist



A song of praise?
... Oh, I know, "Praise
ye the Lord..."



PUT CHAIRS IN A CIRCLE WITH THE SEATS FACING OUTWARD (ONE LESS CHAIR THAN THE NUMBER OF PEOPLE PLAYING). TURN SOME MUSIC ON, AND HAVE SOMEONE STOP IT RANDOMLY. WHEN THE MUSIC STOPS, EVERYBODY JUMPS FOR A CHAIR, AND THE PERSON LEFT WITHOUT A CHAIR SAYS A LITTLE PRAYER OF THANKSGIVING, SINGS A SONG OF PRAISE (WHICH EVERYONE CAN JOIN IN ON), OR QUOTES A BIBLE VERSE ON PRAISING GOD. THEN THAT PERSON SITS OUT AND ONE CHAIR IS REMOVED. THE GAME CONTINUES UNTIL ALL PLAYERS HAVE HAD A CHANCE TO MISS A CHAIR AND OFFER A PRAISE.

Footnote:

¹ See Deuteronomy 10:21.

"SING PRAISES TO THE LORD, YOU WHO BELONG TO HIM. PRAISE HIS HOLY NAME" (PSALM 30:4 ICB).

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