

Hi KC Parents!

November is here, folks! Can you believe it? At Kids Church, we're encouraging all our kids to grow in gratitude this month... I'm hoping you will take on this challenge too!

One tradition that's been adopted among our CA Staff is to share something we're grateful for at the beginning of our meetings. We call this the practice of "Tell me something good". We go around the circle and each share something we're thankful for.

I was actually in a Zoom small group recently with our elementary-aged girls and it was such an inspiring time as we told each other our "something good" from the week. What a gift it was to hear all the uplifting things they shared with such sincerity!

I love this tradition and am a recipient of its positive effect every time we engage this way. I often feel genuinely touched by the good reports I hear, and it brings up things for me to recognize and be grateful for in my own life.

Although I'm appreciative of our tradition, there are moments when I'm caught off guard as I discover I'm having a hard time thinking of something good to share. Anxiety and guilt set in, as I realize that I have not noticed the many blessings that are sprinkled throughout my days. The clock ticks as I wrack my brain searching for something that I feel is good enough to share.

After encountering these feelings, I realized that I need to be more proactive in noticing the many moments that I'm grateful for each day. The practice of sharing our "something good" has trained me to look for the blessings in my life. It encourages me to notice, and recognize God's intervention, favor, provision, and answered prayers, that I might otherwise miss.

Psalm 145 is always helpful in jolting my mind and heart into realizing how blessed I truly am. Check out this list I've gathered from this Psalm, of reasons we have to praise him:

He is:

KING • GREAT • WORTHY OF PRAISE • UNMEASURABLE GREATNESS • MIGHTY ACTS •  
 POWERFUL • MAJESTIC • GLORIOUS • SPLENDOR • WONDERFUL MIRACLES •  
 AWE-INSPIRING DEEDS • GREATNESS • WONDERFUL GOODNESS • RIGHTEOUSNESS •  
 MERCIFUL • COMPASSIONATE • SLOW TO ANGER • FILLED WITH UNFAILING LOVE •  
 GOOD TO EVERYONE • SHOWS COMPASSION TO ALL HIS CREATION • GLORIOUS KINGDOM •  
 POWER • MIGHTY DEEDS • MAJESTY • GLORY OF HIS REIGN • EVERLASTING KINGDOM •  
 RULES THROUGHOUT ALL GENERATIONS • ALWAYS KEEPS HIS PROMISES • GRACIOUS IN ALL  
 HE DOES • HELPS THE FALLEN • LIFTS THOSE BENEATH THEIR LOADS • HOPE BRINGER •  
 PROVIDER OF FOOD • SATISFIES OUR HUNGER AND THIRST • RIGHTEOUS IN ALL HE DOES •  
 FILLED WITH KNOWLEDGE • CLOSE TO ALL WHO CALL ON HIM • GRANTS THE DESIRES OF  
 THOSE WHO FEAR HIM • HEARS OUR CRIES FOR HELP • RESCUES US •  
 PROTECTS ALL WHO LOVE HIM • DESTROYS THE WICKED

These truths about God should lift us from any spiritual lethargy we might find ourselves in!



I encourage you to develop habits that remind you to recognize the good, lovely, and praiseworthy moments in your life. I'm confident that you too will notice a difference when you take the time to acknowledge these things and give glory to God. The ability to find reasons to praise God regardless of our circumstances is powerful in our (and our children's) spiritual maturity. Teaching our children the practice of gratitude is one of the most important things we pass down to them. I pray that you and your family will truly have hearts full of thankfulness this season.

Blessings,  
Viv Stone