



Funtastic Family Home Evenings
Easy to Prepare! Fun to Share!



THE ATTITUDE OF GRATITUDE

PURPOSE

1. To help family members understand the importance of being grateful
2. To give them an opportunity to express gratitude to someone

MATERIALS

- Three pieces of candy for each family member
- Paper and pencil for older children
- Paper and crayons for younger children
- Scriptures

SONG SUGGESTIONS

- “[Count Your Blessings](#),” #241 in *Hymns*
- “[I Thank Thee, Dear Father](#),” page 7 in *Children’s Songbook*

LESSON IDEAS

1. Ask family members to name several things that make Heavenly Father unhappy when we do them.
 - a. Ask them to name several things that make Heavenly Father unhappy when we *don’t* do them.
2. Read Doctrine and Covenants 59:21 with your family and ask them to listen closely for two things that make Heavenly Father unhappy (not keeping His commandments and not expressing thanks to Him).
3. Explain that sometimes we don’t realize that not expressing gratitude for our blessings saddens our Heavenly Father.
 - a. Ask family members why they think our Heavenly Father is unhappy when we forget to thank Him.
 - b. Ask family members what they can do to better show thanks to our Heavenly Father for all He does for us.
4. You may want to share the following quote by President Ezra Taft Benson:
 - a. “The Prophet Joseph Smith is reported to have said that one of the greatest sins for which the Latter-day Saints would be guilty would be ingratitude. I presume most of us have not thought of that as a serious sin. There’s a great tendency for us in our prayers to ask for additional blessings. Sometimes I feel we need to devote more of our prayers to expressions of gratitude and thanksgiving for blessings already received” (*New Era*, Nov. 1991, 4).

5. Share one of the following stories:

- a. [*Roberto Remembers*](#) (for younger children). Discuss how glad Roberto's mother was when he remembered to say 'thanks' and compare it to how glad Heavenly Father must be when we say it.
 - b. [*Three Marbles*](#) (for older children). Discuss how the three boys showed their gratitude by never forgetting what Brother Miller had done for them.
6. Music video, "[Life is O'erflowing with Beautiful Things](#)"
 7. Bear testimony that our Heavenly Father (and those around us) appreciate when we express thanks for what we have been given.

ACTIVITY IDEAS

Give each family member three pieces of wrapped candy and ask them to write down (or draw a picture of) the names of three people (not family members) they are grateful for.

1. Encourage them to look for ways to thank those people. Tell them that they each time they thank one of those people they can eat one of the pieces of candy. (Expressing gratitude has sweet results!)
2. Pass out paper and pencils and have family members write a letter of thanks to one of the three people.