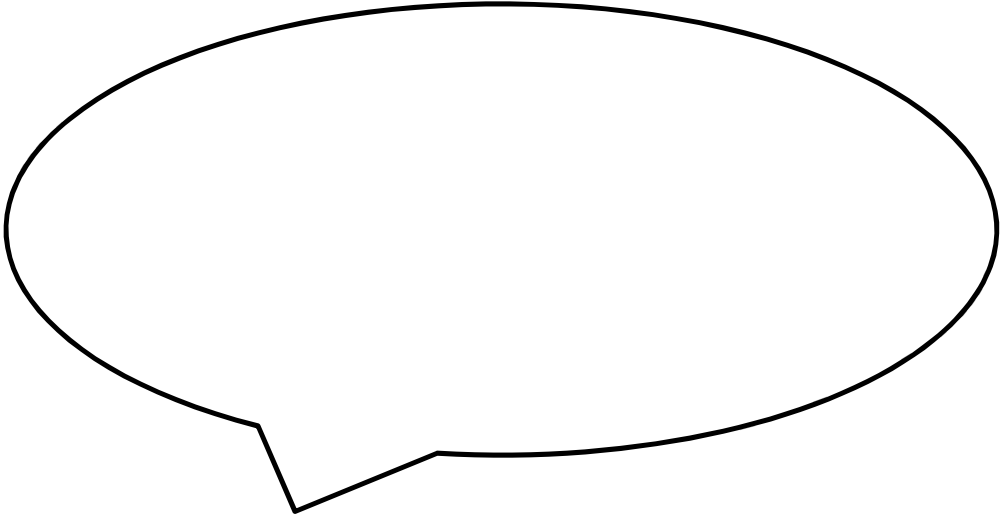


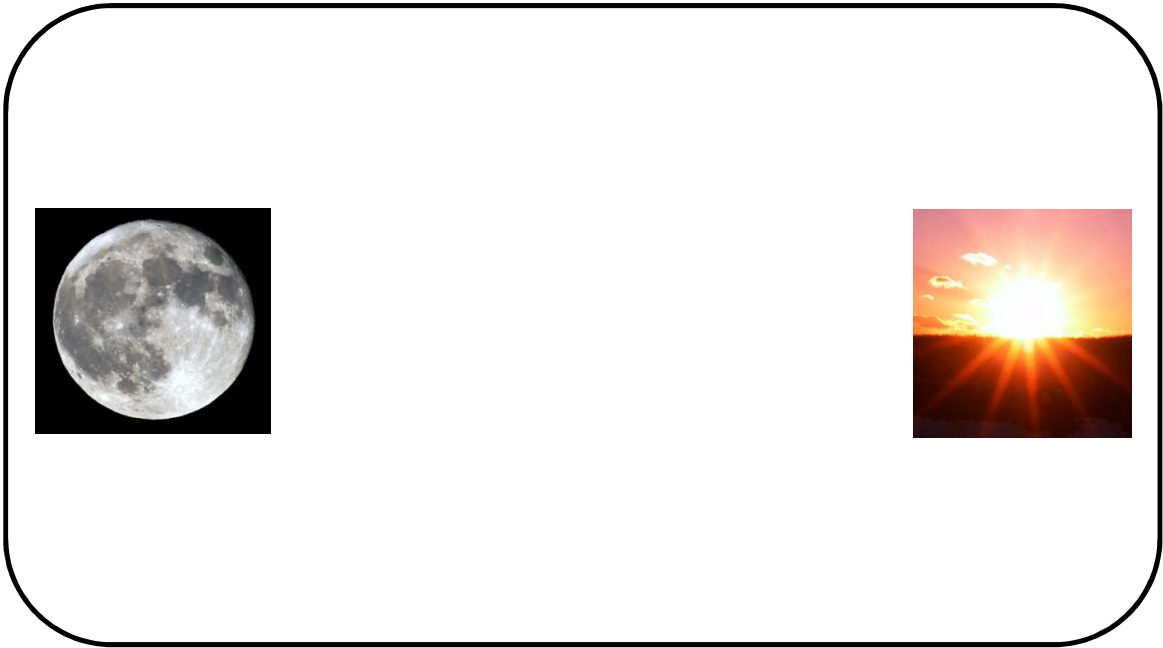
Cut out the quotation box and have your child write "Thanks" inside (or write it for them). Explain that no matter how many times we say "thank you" we could never voice our thanks to God enough! Paste the prayer on the back.

*My God, my Adored One, my King, my desire! What tongue can voice my thanks to Thee?  
I was heedless, Thou didst awaken me. I had turned back from Thee, Thou didst graciously  
aid me to turn towards Thee. I was as one dead, Thou didst quicken me with the water of life.  
I was withered, Thou didst revive me with the heavenly stream of Thine utterance which hath  
flowed forth from the Pen of the All-Merciful. -Bahá'u'lláh*



Have your child draw some things they are thankful for in the box, and explain that we should think about we are thankful for and show thanks every eventide and dawn. Paste the quotation on the back.

*Reflect, O people, on the grace and blessings of your Lord,  
and yield Him thanks at eventide and dawn.  
-Bahá'u'lláh*



## Devotional on Thankfulness

Be generous in prosperity, and thankful in adversity.  
(Baha'u'llah, Epistle to the Son of the Wolf, p. 93)

Know thou, that I have wafted unto thee all the fragrances of holiness, have fully revealed to thee My word, have perfected through thee My bounty and have desired for thee that which I have desired for My Self. Be then content with My pleasure and thankful unto Me.  
(Baha'u'llah, The Arabic Hidden Words)

Be not troubled because of hardships and ordeals; turn unto God, bowing in humbleness and praying to Him, while bearing every ordeal, contented under all conditions and thankful in every difficulty. Verily thy Lord loveth His maidservants who are patient, believing and firm. He draws them nigh unto Him through these ordeals and trials.  
(Abdu'l-Baha, Tablets of Abdu'l-Baha v1, p. 51)

Thankfulness is of various kinds. There is a verbal thanksgiving which is confined to a mere utterance of gratitude... One may say thank you a thousand times while the heart remains thankless, ungrateful. Therefore, mere verbal thanksgiving is without effect. But real thankfulness is a cordial giving of thanks from the heart. When man in response to the favors of God manifests susceptibilities of conscience, the heart is happy, the spirit is exhilarated. These spiritual susceptibilities are ideal thanksgiving.  
(Abdu'l-Baha, The Promulgation of Universal Peace, p. 236)

To express his gratitude for the favors of God man must show forth praiseworthy actions... There can be no doubt that such commendable deeds are thankfulness for the favors of God.  
(Abdu'l-Baha, The Promulgation of Universal Peace, p. 236)

Physically and spiritually we are submerged in the sea of God's favor. He has provided our foods, drink and other requirements; His favors encompass us from all directions. The sustenances provided for man are blessings. Sight, hearing and all his faculties are wonderful gifts. These blessings are innumerable; no matter how many are mentioned, they are still endless. Spiritual blessings are likewise endless -- spirit, consciousness, thought, memory, perception, ideation and other endowments. By these He has guided us, and we enter His Kingdom. He has opened the doors of all good before our faces. He has vouchsafed eternal glory. He has summoned us to the Kingdom of heaven. He has enriched us by the bestowals of God. Every day he has proclaimed new glad tidings. Every hour fresh bounties descend.  
(Abdu'l-Baha, The Promulgation of Universal Peace, p. 236)

## My Book About Thankfulness

Thankfulness is being grateful for every blessing in our life.

It is appreciating the people and things around us, even the little things we sometimes do not notice.

It is appreciating the opportunities and experiences we have, even the challenges that seem hard at first, because these help us grow.

It is acknowledging the unique way God made us and being thankful for our individual abilities and talents.

True thankfulness is being grateful for what we have been blessed with and using our blessings to benefit others.

When we are thankful, we show an attitude of gratitude in everything we do. We appreciate life and do our best to demonstrate our thankfulness in the way we talk and act every day.



# *Thankfulness*

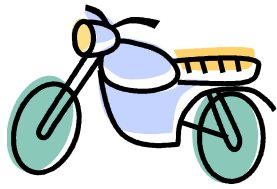
Reflect, O people, on the grace  
and blessings of your Lord,  
and yield Him thanks at eventide and dawn.

-Bahá'u'lláh

**This month our family is learning about Thankfulness.**

Reflect, O people, on the grace  
and blessings of your Lord,  
and yield Him thanks at eventide and dawn.  
-Bahá'u'lláh

**Date:**



Alan wants to learn to ride the bike but is having trouble figuring it out. After he learns, riding a scooter comes easily...



Alicia is struggling to draw a circle but her patience pays off. Now it is much easier for her to write her ABCs...



Carlos is struggling to learn the tune to a song. After he practices learning lots of new music, he finds he picks up the tunes for many new songs quite fast...



It is hard for Caroline to use the shovel to get sand into the bucket. After she practices, she finds she can pour water out of a jug much better...



Evan is finding it difficult to find courage to meet new friends on the playground. After he practices, he finds he is making many new friends everywhere he goes...



Evelyn is finding it challenging to bat the ball. Once she practices, however, she begins to enjoy playing baseball much more...

# Thankfulness Poem



Every day I look around

I see blessings that abound



God gave me so many wonderful things

I am so thankful for what life brings



When I'm having a difficult time

I keep gratitude on my mind



God always gives what's best for me

If I look hard, I will see



Challenges help to make me strong

I will be thankful my whole life long

