Name_____

Religious Education
Celebrating Thanksgiving



Being thankful is an attitude of the heart that reaps many benefits. People who are thankful usually experience feelings of peace and contentment. They are usually more relaxed and have a more balanced perspective on life. A thankful heart is usually free from worry and anxiety. Research shows that being thankful may help individuals live happier and healthier lives.

It is difficult for individuals to give thanks when they are faced with difficult circumstances such as sickness, the death of a loved one, etc. Individuals usually feel sad and sometimes very angry.

The Bible encourages individuals, however, to give thanks in all circumstances (1 Thessalonians 5:18). Facing difficulties helps build our character and strengthen our faith in God. Moreover, we should be grateful that we are still alive.

There are many everyday blessings that most people take for granted. These blessings include food, a place to live, good health, clean water, access to medical care and living in a peaceful society. Millions of people in the world do not have access to these everyday blessings. Individuals should be more grateful and learn how to count their blessings.



LIVEWORKSHEETS