**Session 6**

**Psalm 100:4**

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name

**Resources:**

* Labels and pens
* Icebreaker PowerPoint
* Video countdown timer
* Game
* Faulty towers film clip
* Psalm on screen
* Thank you video
* Book- A journey through your grateful garden by Tania Antonio
* Small rocks and paint

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| **Time** | **Who?** | **Item** | **Length** |
|  |  | **Doors Open, name labels given, ice breaker questions on screen, food** | **25 min** |
|  |  | **Video countdown timer** | **5 min** |
|  |  | **Game** | **10 min** |
|  |  | **Notices and Encouragements…** |  |
|  |  | **Film clip** | **3 min** |
|  |  | [Handling complaints 2 - YouTube](https://www.youtube.com/watch?v=6_cDmwlbVkg) | |
|  |  | In such a broken world, which gives us lots of challenges it is easy to complain about lots of things, to focus on what we don’t have or how inconvenient something is or how something doesn’t match our idea of perfect…. | |
|  |  | **Link** | **2 min** |
|  |  | **Table activity** |  |
|  |  | How complainy are you?  Out of 10 – score yourself in relation to how easy you find to complain and moan…  Discuss with people on your table… what kind of things do you find yourself moaning about most. | |
|  |  | **Read the Psalm** | **5 min** |
|  |  | This Psalm teaches us that the antidote to a life of moaning, grumbling and complaining is THANKFULNESS to God.  Being thankful helps us to appreciate the good things amongst the challenging things and brings perspective and joy in the midst of life. | |
|  |  | **Thank you, video, – count the thank Yous (answer 111)** | **3 min** |
|  |  | <https://www.youtube.com/watch?v=bBc4Imp258U>  How many?  In this video there were a lot of thank yous…  As this Psalm encourages us – Gratitude, being thankful is the perfect antidote to living in the grumps.  If we stop and think about life – we may find that we have more to be thankful for than we think. | |
|  |  | **Everyone: A journey through your grateful garden- a guided meditation by Tania Antonio** | **7 min** |
|  |  | Frowny Forest, Sad Swamp, Mad Mountain and arriving at Grateful Garden! | |
|  |  | **Individual craft Activity: Thankful rock** | **10 min** |
|  |  | Let’s put this thankfulness into action.  Decorate your rock that will prompt you to be thankful and live a life of gratitude not grumpi-tude… | |
|  |  | **Pray to end** |  |
|  |  | In a world where it is easy to moan…  Let’s be thankful for what we have…  All good gifts come from the Father above…  What are you thankful for?   * Life * Breath * Loved ones * Community * Friends * Food   Etc | |