

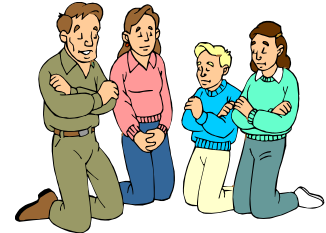
The Attitude of Gratitude

PURPOSE

To help listeners understand the importance of expressing thanks

MATERIALS

- Three pieces of candy for each person
- Paper and pencil for each person



LESSON IDEAS

1. Ask listeners to name several things that make Heavenly Father unhappy when we do them.
2. Ask them to name several things that make Heavenly Father unhappy when we *don't* do them.
3. Read Doctrine and Covenants 59:21 and ask them to listen closely for two things that make Heavenly Father unhappy (not keeping His commandments and not expressing thanks to Him)
 - a. Explain that sometimes we don't realize that not expressing gratitude for our blessings saddens our Heavenly Father. Ask why they think our Heavenly Father is unhappy when we forget to thank Him.
 - b. You may want to read Luke 17:11-19 and discuss how Jesus felt when the nine lepers failed to return and express gratitude.
4. Share the following quote by President Ezra Taft Benson:

“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. Give each person three pieces of wrapped candy and ask them to write down three people they are grateful for.
 - a. Challenge them to thank those three people. Tell them that they each time they thank one of those people they can eat one of the pieces of candy.
 - b. Bear testimony that being thankful brings a ‘sweetness’ to our lives.
6. Bear testimony that our Heavenly Father (and those around us) appreciate when we express thanks for what we have been given.