

Totally Extreme

LESSON 2 - Extreme Gratitude

Main Point:

David recognized God as the source of all good things. Jesus is the embodiment of goodness, and the Glory of God.

Today's Message:

David penned words of extreme gratitude in Psalms. He gives us a great reminder of God's goodness in explaining how He is our protector and provider. He shares that everything good is from God. These things are echoed in the New Testament when Jesus reminds us that God gives us good gifts. Jesus is the best picture of God's goodness.

Scripture:

Psalm 16; Psalm 23; Matthew 6:25-34; Matthew 7:7-12; Hebrews 1:1-3

Series Memory Verse:

Remember Jesus Christ, raised from the dead, descended from David. This is my gospel. 2 Timothy 2:8



Provided Videos:

- **Countdown Video**
- **Game Video:**
Juggling Jester
- **Worship Videos:**
Praise You Anywhere
Good Good Father
Runnin'
- **Bible Lesson Video:**
Extreme Gratitude

Suggested Order of Service:

1. Icebreaker Activity - 5 Min.
2. Game Video - 3 Min.
3. Worship - 12 Min.
4. Lesson Set-Up - 10 Min.
5. Bible Story Video - 2 Min.
6. Message - 15 Min.
7. Memory Verse Activity - 10 Min.
8. Discussion Time - 20 Min.
9. What We Learned Today (Take-Home Page)
10. Additional Activity Resources Provided in Download Folder



MID-WEEK PREP



Supplies to Gather:

- Painters Tape (Large Group Game)
- 10 Bean Bags – 5 of 2 different colors (Icebreaker)
- 2 Large White Boards (Large Group Game)
- 2 Dry Erase Markers (Large Group Game)
- 2 Easels (Large Group Game)
- A Thank You Card (Object Lesson)
- A Screen, Chalkboard, or Dry Erase Board (Large Group Memory Verse)
- 3x5 Index Cards (Small Group Memory Verse)



Parent/Volunteer Email:

Hello!

We're starting week 2 of our monthly series with one more "Extreme" characteristic. It's something we want to have in our hearts and express every day – gratitude. David had a grateful heart, and he shared it by writing down his thoughts and feelings. We can read several of his writings in the book of Psalms. He reminds us that God is our provider. He protects us and keeps us on a good path. He is our source of joy.

In the New Testament, Jesus reminds us of these same things. The bottom line is that God is good, so we need to thank Him for it. Jesus embodies God's goodness, and we have no better gift. We can't say thank you enough, but we can try! As the lyrics say, "All my words fall short; I've got nothing new..." Sometimes we don't have the words, but we can throw up our hands in praise and worship to our Creator and Savior.

See you Sunday!



Social Media Post:

Let's be grateful for all that God has done! We'll end our "Extreme" series by remembering to show extreme gratitude for the goodness of God.

ICEBREAKER ACTIVITY

EXTREME TIC TAC TOE



Items Needed:

Painters Tape and 10 bean bags (5 each of two different colors)



Instructions:

Beforehand, make a large tic tac toe grid on the floor with the Painters tape. Divide your students into two groups. Assign each team a certain color of bean bags. At your command, the first person from each team will run down to the tic tac toe board with a bean bag and toss it into a square. They will then run back to their team and tag the next person in line, who will then run down with another bean bag. The game continues until there is a winner. Play the best out of five.

Say, "Today's game is Extreme Tic Tac Toe. Instead of X's and O's, we're using different colored bean bags. Your team will do a relay by running down and tossing one bag at a time onto the tic tac toe board. Be fast, but use strategy, so you can win!"



Game Video:

Juggling Jester



Worship Videos:

Praise You Anywhere

Good Good Father

Worship Video: Runnin'

LESSON SETUP

Use one or both of these activities to prepare your students for the lesson.

Option 1: Group Game

How Do You Spell Thank You?

Items Needed:

2 Large White Boards, 2 Dry Erase Markers, and 2 Easels

Instructions:

Say, “What do you say when someone gives you something? Good manners remind us to say, ‘thank you!’ Those eight letters can make a big impact. I need two good spellers to come up for our group game. I’m going to give you two minutes to see how many words you can come up with using the letters in ‘thank you.’”

Beforehand, set up the two dry erase boards on easels so they are slanted away from each other, but also where the group can see both boards. Choose two kids to come up to the stage. Write THANK YOU at the top of each board. Have the students stand at the dry erase boards where they cannot see each other’s answers. Give them two minutes to make as many words as they can using the letters from the words “thank you.” When time is up, count how many words each competitor has.

Variations:

To give it more variety, change the words to “thank you Jesus” so there are more letters to use and more words to make. Also, after the time is up, take more responses from the audience and add them to the boards.

What’s the Point?

Say, “God has given us so much. We need to remember to say, ‘thank you!’ to Him for His goodness. Those are simple words, but they can have a big impact when they come from our hearts.”

LESSON SETUP

Option 2: Object Lesson

Items Needed:

A Thank You Card

Show students the thank you card.

This is a thank you card. Your family has probably gotten one of these in the mail at some point. You may have even written a thank you note yourself. Usually, when someone gives us something or does something nice for us, a wonderful way to show appreciation is by sending them a note and telling them.

Saying the words “thank you” means something. But we can take our gratitude a step further and express our thanks through writing. It shows the person you are writing to how much you appreciate their gift or just appreciate them as a person.

In today’s lesson about Extreme Gratitude, we’ll learn that David wrote many thank you’s to God. We can read his words in the book of Psalms in the Bible. Many express deep gratitude for who God is. These words help remind us that God is our protector and provider. He is our counselor and our helper. In all the ways that God is described, it also creates a picture of who Jesus is because Jesus, as God’s Son, is the exact representation of God the Father.

Let’s think about how we can be extremely grateful to God for who He is and how He blesses us every day.



Bible Story Video:

Extreme Gratitude

MESSAGE:

EXTREME GRATITUDE

Main Point:

David recognized God as the source of all good things. Jesus is the embodiment of goodness, and the glory of God.

Scripture:

Psalm 16; Psalm 23; Matthew 6:25-34; Matthew 7:7-12; Hebrews 1:1-3

▶ Introduction

Last week we talked about the extreme way that David worshiped God with all of his heart. To do something with extreme measures means reaching to the highest level of greatness. It's above and beyond. We know that David was extreme in the way that he lived. He had passion in his heart for God, and he praised God without a care in the world. But David had other extreme characteristics too.

▶ Transition

Today, we'll learn about David's extreme gratitude. We can think of gratitude as a way of saying "thank you" but it's so much more than that. We can be thankful for the example of David and mostly for Jesus in the way they modeled their extremeness. They lived good lessons for us to learn.

Being extremely grateful comes from a place deep in our hearts. It can be an overwhelming feeling that we can't put into words. When we really think about what Jesus did for us and the goodness of God, we can't help but show extreme gratitude to God, our Father.

David was able to put into words his gratefulness, and he wrote about his thoughts and feelings in many of the Psalms that we are able to read in our Bibles.

▶ Psalm 16:2, 5-7

I say to the LORD, "You are my Lord; apart from you I have no good thing." LORD, you alone are my portion and my cup; you make my lot secure. The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance. I will praise the LORD, who counsels me; even at night my heart instructs me.

Psalms is a book in the Old Testament that is made up of many poetic songs, several who were written by King David. We know that he was a man after God's own heart. In his own heart, he had so much love for the Lord, that it overflowed out of his mouth and through his pen onto paper, or whatever they used back then to write down words!

MESSAGE:

In these verses from Psalm 16, David is moved to give God praise by saying that apart from God, he had no good thing. His life would be nothing without God in it. God is a provider. He gives us security. He's the giver of all good things. He is a Counselor.

► Psalm 23:1-3, 6

The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake.

Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

This Psalm might be a familiar one to you. It's quoted a lot. Even in these few verses we see that David praises God for being our shepherd; He is our leader, and He guides us to things that are good for us. He keeps us on the right path. God's goodness is with us all of our days.

David saw God's goodness in his own life and didn't keep it to himself. He shared it with those around him, and he recorded it so we could read these powerful sentiments as well. He didn't hold anything back. His gratitude was extreme. Jesus echoed these thoughts in the New Testament when He taught. Let's read about that in Matthew.

► Matthew 6:31-33

So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.

God is our Provider. He guides us into good things. He takes care of us. Often, we worry about stuff. It might be big things or little things, but these verses tell us not to worry! Jesus asks if the birds worry about what they will eat and if the flowers worry about what they will wear. That sounds silly, but He was making the point that if God can take care of the birds and flowers, then certainly He will take care of us even more.

► Matthew 7:7-11

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. "Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

MESSAGE:

These words of Jesus are similar. God is our Giver. When we ask, we will receive what we need. God gives us good gifts. Those might come in the form of food and shelter, our basic needs. But they also come as gifts of guidance and security.

Jesus reminded His followers that God is good. His goodness is something to be praised and thanked. Jesus recognized that God is our provider and the source of all good things.

But the Bible goes even farther than that, to tell us that all of God's goodness is seen in Jesus...

▶ **Hebrews 1:3a**

The Son is the radiance of God's glory and the exact representation of his being...

In other words, do you want to know how good God is? Just look at Jesus! Everything we need to know about God's goodness is found in Jesus! And Jesus is so perfectly good! Like David, we can have extreme gratitude for our God, who loves and cares for us just like Jesus, because He is Jesus!

▶ **Conclusion:**

God has goodness that compares to no one else. He provides, cares, and protects us. We have other people in our lives who take care of us, but no one can do what God did. He sent His Son, Jesus, to earth to teach, love, and save. Through His death on the cross, we are offered salvation. Eternity in heaven is a lifetime of providing, care, and protection that cannot come through anyone else besides God. And for all of that, we need to show extreme gratitude. With God we have everything, and without Him we have nothing. Let's remember to praise and thank Him every day for His goodness.

Simple Prayer:

Dear God,

Thank You for protecting and providing for us. Thank You for Your goodness in our lives.

In Jesus Name,

Amen

MEMORY VERSE ACTIVITY

Remember Jesus Christ, raised from the dead, descended from David. This is my gospel. 2 Timothy 2:8

Zap-a-Word

Display the verse on a chalkboard, dry erase board, or with each word largely written or printed on a separate sheet of paper and attached to a bulletin board or wall.

Practice saying the verse together until students are familiar with it. Then say, "I'm going to watch and listen for someone who is saying the verse clearly and without screaming. If I point to you, then you get to come up and remove one word." After each word is removed, say the verse together again, and repeat the activity until all the words have been removed.

LET'S TALK ABOUT IT

Discussion Guide for K-2nd Grades

Talk & Play:

See the Talk & Play Guide to prepare for a great time of conversation with your kids.

Discussion Questions:

What is something you are extremely grateful for?

How did David show he was grateful?

What are some things David wrote about God?

Who gives us good gifts?

What good things do you think David was thinking about when he was writing about God?

What can Jesus teach us about God?

What are some good gifts God has given to you?

Memory Verse:

Remember Jesus Christ, raised from the dead, descended from David. This is my gospel.
2 Timothy 2:8

Memory Verse Activity: Hide & Seek

Write each word of the verse on a 3x5 card and hide the cards throughout the room. Have the children search for the cards, bring them to the table, and arrange them in the correct order. To add difficulty, you can hide extra cards with words that are not in the verse. You can also time them, and do the activity multiple times to see how fast they can work together.

Simple Prayer:

Dear God,

Thank You for protecting and providing for us. Thank You for Your goodness in our lives.

In Jesus Name,

Amen

LET'S TALK ABOUT IT

Discussion Guide for 3rd – 5th Grades

Talk & Play:

See the Talk & Play Guide to prepare for a great time of conversation with your kids.

Discussion Questions:

What is something you are extremely grateful for?

What are some ways David described God in his writings?

What inspiration do you think David had for his writing?

How do you think Jesus showed people around Him that He was grateful?

What do David's writings show us about his heart?

How does Jesus show us how to be thankful to God?

How are Jesus and God the same?

What are some good gifts you can thank God for?

Memory Verse:

Remember Jesus Christ, raised from the dead, descended from David. This is my gospel.
2 Timothy 2:8

Memory Verse Activity: Hide & Seek

Write each word of the verse on a 3x5 card and hide the cards throughout the room. Have the children search for the cards, bring them to the table, and arrange them in the correct order. To add difficulty, you can hide extra cards with words that are not in the verse. You can also time them, and do the activity multiple times to see how fast they can work together.

Simple Prayer:

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Thank You for protecting and providing for us. Thank You for Your goodness in our lives.

In Jesus Name,

Amen

WHAT WE LEARNED TODAY

Message:

David penned words of extreme gratitude in Psalms. He gives us a great reminder of God's goodness in explaining how He is our protector and provider. He shares that everything good is from God. These things are echoed in the New Testament when Jesus reminds us that God gives us good gifts. Jesus is the best picture of God's goodness.

Scripture:

Psalm 16; Psalm 23; Matthew 6:25-34; Matthew 7:7-12; Hebrews 1:1-3

In the Car:

Ask your child about their experiences at church:

“What was the Bible story about?”

“What did you learn from the story?”

“What activities did you do?”

“Did you share something during the discussion time?”

Hanging out:

Make the lesson real:

Make a Thank You list to hang on your fridge. As a family, list reasons you have to be grateful to God and Jesus.

At Dinner:

Here are some great discussion starters:

- How did David show extreme passion?
- How did Jesus show extreme passion?
- What are some ways we can worship God without caring what others think?

At Bedtime: Ask your child if they can say this month's memory verse.

Remember Jesus Christ, raised from the dead, descended from David. This is my gospel.

2 Timothy 2:8

Parent Time:

I'm sure you've taught your child(ren) to say, "thank you!" at the appropriate times. But those words can be more than just good manners. Gratitude is an overflow of the joy we have in our hearts knowing that we have God's goodness in our lives. Preface your days with that reminder and thank God as a family for who He is and what He has done.