

# COUNT YOUR BLESSINGS

By Mark & Helen Johnson



## SING!

Sing *Count Your Blessings* together – dancing along to the steel drum rhythm is irresistible!

## TRY THIS

Ask a family member to read Psalm 103 v 1-5.

These verses tell us to 'forget not' all the blessings God has given us and goes on to list them. **Do the following Gratitude Scavenger Hunt** together to help us remember God's blessings and name them one by one! Add a time limit or make it a race for extra crazy fun!

**Scavengers must find or write down:**

-  Something that tastes really nice
-  Something that makes you feel better when you are hurt
-  Something that smells good
-  Something that you enjoy playing with or doing
-  A photograph or drawing of someone you love
-  A photograph or drawing of somewhere you like to be
-  Something you eat your dinner on or with
-  Something that makes a nice sound

## WOW & WONDER

Spend a moment thanking God for each of these 'counted blessings' together.

## TALK IT OVER

Read the story of the Ten Lepers in Luke 17 v 11-19.

Use these questions to help **explore the story:**

1. What is leprosy? How do you think the people around the lepers treated them?
2. How did Jesus heal these men? Can you think of any other ways that Jesus healed people?
3. Why do you think only one of them came back to thank Jesus? How do you think Jesus felt?

## REMEMBER THIS

**Psalm 103 v 1-2**

*Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits.*



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