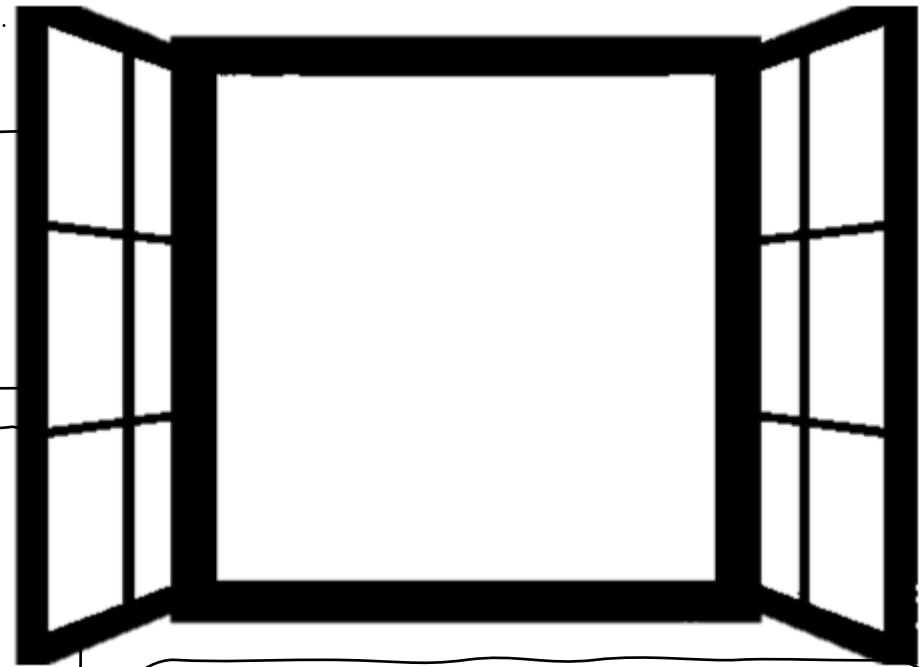
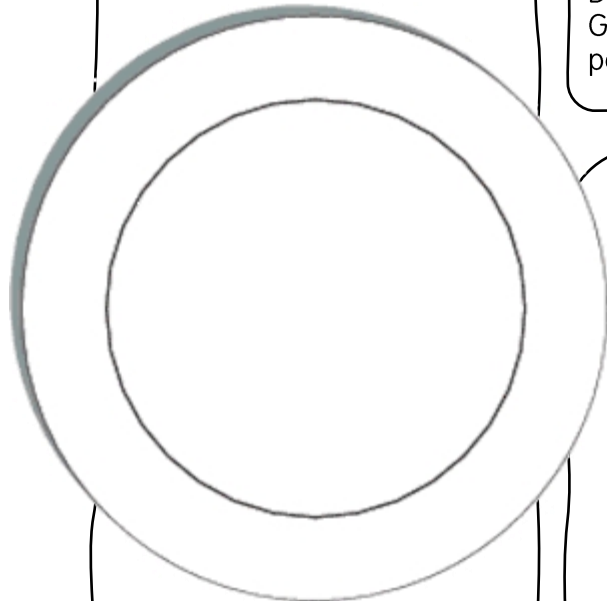


# Today I am thankful for...

In the book of Exodus, we read the story of God's people being led from slavery in Egypt into the promised land. In Exodus 16 God's people begin to grumble – they have become so caught up thinking about the things that are making them uncomfortable and unhappy that they forget to say thank you to God for all the good things He is giving them. Today why not take some time to say thank you to God for all He has given us even in these difficult times.



Fill the plate with a picture of something good you have eaten this week.



Look out of a window at the beautiful world that God has created.

Draw the view from your window and thank God for all the different plants, animals, and people you see.

Draw a picture of a person you have talked to this week and pray for them.

Thank you, God, for the food which we have to eat.

Thank you for those who are working to keep food on the shelves of our shops and supermarkets.

Please help those who cannot afford to buy food, to get everything they need.

Thank you, God, that we are not alone, thank you for friends and family who we can talk to and share our lives with.

Thank you that you are always with us.

Draw a picture of something you look forward to doing after lockdown finishes.

Thank you, God, that just like you led your people into the promised land you have a future planned for each of us. Help us to be patient and to trust in you until lockdown is over. Help us to remember to say thank you for the good things we have now.