

# AN EXPERIMENT IN GRATITUDE



"In everything give thanks; for this is the will of God in Christ Jesus for you."

- 1 Thessalonians 5:18

## GATHER

Icebreaker - It's my money (**see next page for fake money to cut out**)

Hold an auction for your young people where they have £100 to spend on any items they wish. List the items up for sale and then auction each item. Young people can bid on as many items as they wish. Once the auction is completed, ask the successful bidders why the items they bought were so important to them. If someone gave them the money right now, what would they go out and buy?

Auction Items:

- \_\_\_\_\_ Four front row tickets to a concert of a lifetime
- \_\_\_\_\_ A new car of your choice, top of the range
- \_\_\_\_\_ A wardrobe full of the latest fashions, all a perfect fit
- \_\_\_\_\_ Two weeks for you and a guest at an all-inclusive private beach resort
- \_\_\_\_\_ An all-expense paid party with limo, music, dinner, dancing, and fun
- \_\_\_\_\_ Brand new iPhone and all the accessories
- \_\_\_\_\_ Full 3 year scholarship to the University of your choice - no strings attached
- \_\_\_\_\_ A new made-to-order laptop - top spec
- \_\_\_\_\_ One year rent free at an exclusive penthouse apartment
- \_\_\_\_\_ A free lifetime movie rental pass for life

## PROCLAIM

Questions:

- How do we decide what things have the greatest value?
- Are there things that we own that we take for granted?
- Are there some things in life which we cannot place a price tag on?
- What things in our lives do we value the most? Family, friends, education, money...

Watch: The Science of Happiness: An Experiment in Gratitude

LINK <https://www.youtube.com/watch?v=oHv6vTKD6lg>

Reflect on the video. What parts of the experiment stood out? How can we replicate this in our own lives to bring about more happiness?

## BREAK

Have an option/break out discussion on influence. Discuss who we are most influenced by - negative influences, positive influences. Then talk about what makes a good influence, and what makes a bad one. Write a letter to the person in your life who has influenced you the most. Why are they such a great influence? What have they done for you that you are thankful for? Let them know just how much you appreciate them and how much you value them. Take the letter away with you and if you have the opportunity, why not pass it on to the person you wrote to? Remember the greater the gratitude the greater the happiness!



# SEND

10'000 Reasons Blessings Wall:

Give your young people an opportunity to count their blessings.

Write down or draw a blessing in your life. What are you thankful for?

Using a washing line and pegs, or a plain wall and sticky notes, whatever works! Attach all of the blessings to the line and this can be built upon each week at youth group to cultivate an attitude of gratitude. Maybe even keep going until you have 10'000 reasons to thank God!

Play 10,000 Reasons by Matt Redman for young people to reflect upon the lyrics whilst writing down their blessings!

Prayer of St Francis of Assisi

You are holy, Lord, the only God, and Your deeds are wonderful.

You are strong. You are great. You are the Most High.

You are Almighty. You, Holy Father are King of heaven and earth.

You are Three and One, Lord God, all Good.

You are Good, all Good, supreme Good, Lord God, living and true.

You are love. You are wisdom. You are humility. You are endurance.

You are rest. You are peace. You are joy and gladness.

You are justice and moderation.

You are all our riches, and You suffice for us.

You are beauty. You are gentleness. You are our protector.

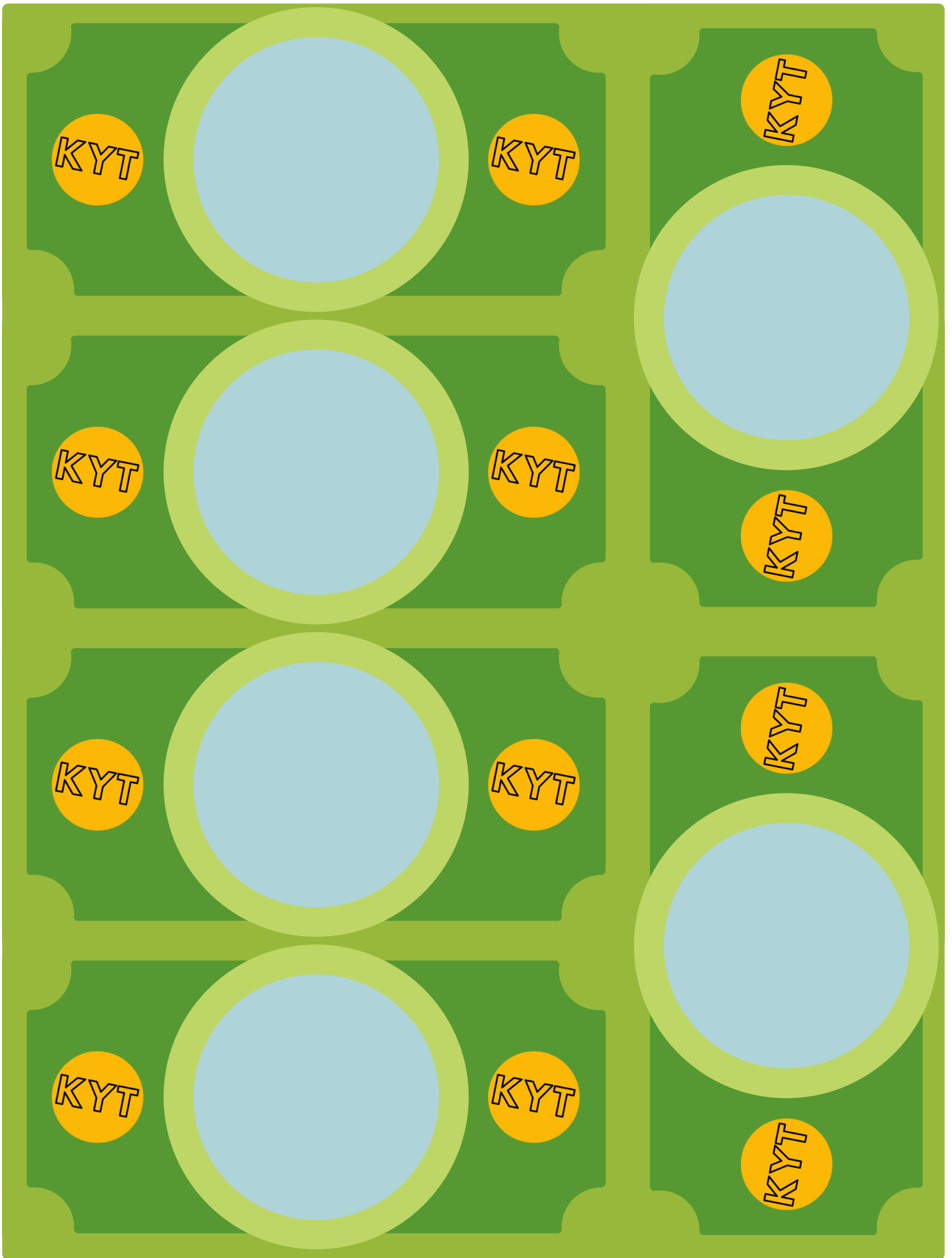
You are our guardian and defender. You are our courage.

You are our haven and our hope. You are our faith, our great consolation.

You are our eternal life, Great and Wonderful Lord,

God Almighty, Merciful Saviour.





((write amount in centre of note)