

Gratitude Conference:

Theme Verse:

"Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."

1Thessalonians 5:18

Workshop: Case Scenarios

Icebreakers:

1. What made you smile today?
2. If you could time travel, would you go back in time to meet your ancestors, or forward in time to meet your descendants?
3. What's your biggest fear?

Helena is a rising freshman in college. She has a loving family of four: a mom, dad and a sister. She always tells her friend Afomia how she does not like her family and has always been ready to move away to college. Afomia on the other hand, is under her grandparents' care because her parents died when she was very young. Afomia feels like Helena is taking her parents for granted because she doesn't appreciate their love and support.

1. How can Afomia help Helena realize that she is taking her family for granted?
2. What are things that people take for granted today?
3. Why do children take their parents for granted?
4. Why should we be grateful for the good things we have in life?

Fana and Semira are sisters. Fana has been having seizures since the age of 7. She was diagnosed with epilepsy at the age of 11. On the other hand, Semira is healthy but is too focused on worldly things such as social media trends and comparing herself to models on social media. She compares herself to them excessively and allows for social media to control her view of herself, ignoring the fact that she is very healthy. Semira is not aware of how lucky she is to be healthy as opposed to her sister who struggles with epilepsy. She has many blessings in front of her but her mind is focused on other things.

1. What does Semira need to realize about the importance of gratitude?
3. How is Semira fortunate?
4. How does this affect Semira and Fana's relationship as sisters?

Journal and Discussion

1. What's something enjoyable you get to experience every day that you've come to take for granted?
2. What happened today/yesterday/this week/this month/this year that you're grateful for?
3. What's one kind or thoughtful thing someone did for you recently?
4. Have you had a chance to help someone recently, and how did that make you feel?