

# Constellations

Families of “Bright Stars” that tell a story!

NOVEMBER 2020

## BENEFITS OF FAMILY DEVO- TIONAL TIME

- Devotionals give faith priority
- Build Bible literacy
- Allows us to share our core beliefs
- Develops communication skills
- Develops cognitive skills
- Builds interpersonal skills
- Helps children become service minded

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## GREAT BIG GRATITUDE!

Did you know being thankful is good for you? It helps us make friends and be a good friend; it helps us be healthier and feel better about ourselves. Being

thankful helps us care more about other people.

That’s pretty awesome! Living a life of gratitude truly does make our lives better.

Clearly living a thankful life is really important, but it’s also easy to get busy and forget to truly appreciate the day-to-day things that make our lives so special.

This month we are going to focus on living a life of GREAT BIG GRATITUDE!

GREAT BIG GRATITUDE isn’t about being thankful for the big things in our lives. GREAT BIG GRATITUDE is seeing all the things that make our lives

better. Those can be actual things or people in our lives or experiences that bring us joy.



The key to GREAT BIG GRATITUDE is to start small and make it big. Instead of looking for the huge amazing things that may happen only once in a while,

GREAT BIG GRATITUDE means looking at everything, every minute, all day long to see how

many amazing little things are part of our joy filled lives.

Let’s devote this month to truly looking at our lives – stopping

during our activities all throughout the day, pausing when we wake

up and before we go to bed – to look for something to appreciate

in the moment. Every day try to find at least three new things you

haven’t thought of before to be thankful for. By doing this every day, we can truly live a life filled with GREAT BIG GRATITUDE!



## Welcome!!

The Constellations Family Experience is a monthly kit to help your family learn, grow and share together. It is designed to be used by your entire family regardless of age.

Each month we have a different theme.

This month’s kit includes:

- Family activity
- Activity engagement
- Mission project
- Serve opportunity / project
- Gratitude tip
- Gratitude prayer
- Table topic conversation

starters.

Our November theme is GREAT BIG GRATITUDE! We will look at the practice of gratitude and how we can celebrate things we are thankful for every day. Our kit includes fun ideas on how to seek out both big and little things to be grateful for, how to express our gratitude and ways to make being thankful a lifelong

## Family Activity



Create a GREAT BIG GRATITUDE jar. Find an empty jar (you can also use a vase, box or large envelope) to use as your family's gratitude centerpiece. Using any type of craft supplies you have on hand, work together to decorate your

centerpiece. As you are working on your project, take a minute to recognize and appreciate the cool supplies you are using. Once your jar is complete, place it on your table so it is ready to use.

Now that your jar is

ready, find the enclosed sheet of GREAT BIG GRATITUDE cards. Each card will have a guided thankful prompt. Cut the cards apart and place them in your jar.

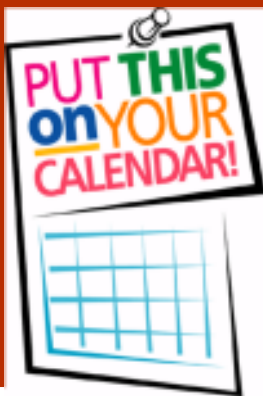
*"Feeling gratitude and not expressing it is like wrapping a present and not giving it." William Arthur Ward*

## Activity Engagement

Every day gather your family for a few minutes to focus on finding new things to be thankful for. Once everyone is together, pull out one card from your gratitude jar. Read the card

out loud and talk about how often you give thanks for what is listed on the card. Ask each family member to name at least one thing they are thankful for using the card prompt for direc-

tion. Write each person's answer on the back of the card. Save your cards and put them away until next year so you can reflect on what you were thankful for in 2020.



## Gratitude Tip

It is easy to take things for granted. Choose a regular day to be your "grateful day." As you go through your grateful day, stop during your activities to

think about what you are doing, what supplies you have to work with and all the people who are helping make your activity happen. Stop and appreciate

the moment and all that went into making it possible.

# Gratitude Prayer



Thank you for my amazing life.  
 Thank you for the people who love me.  
 Thank you for the people whom I love.  
 Help me appreciate all that I have.

Help me share my abundance with those who have less.  
 Remind me each day to look for the good and celebrate it.

Amen

*“Who do we know that might be feeling lonely or forgotten?”*

## Family Acts of Service

This year many people will not be able to be with their families or celebrate Thanksgiving how they normally do. We encourage you to think of people you

know whose holiday might be different than usual. Take some time to make a card or write a letter letting them know you are thinking

of them and thankful to have them in your life. If you have people who live near you, make them some cookies to deliver along with your note.

## Takeaway

Appreciating what we have is important. Most of us realize that and try to make gratitude a priority. While being thankful shouldn't be too hard, it's easy to get busy and forget to truly stop and be grateful. And it's even more challenging to focus on

all that we have when things aren't going well or while we are all busy and doing things differently than we ever have. No matter what is going on in our lives, there is always something to be thankful for. Sometimes it

may be much harder to find the good things, but it is during those times that we benefit the most from finding the good and celebrating it!

## Bright Star United Methodist Church

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**OUR PURPOSE** As a beacon of light, we will bring people to Jesus Christ, create disciples, share and develop our spiritual gifts, and live a life that magnifies God.



**Pastor –Dr. Edwin Jones**  
**Children’s Ministry Director—Jill Perry**

**Be the STAR that you are!**

SPECIAL THANKS TO LORI TRUPP Dir. of Children’s Ministry Church of the Resurrection, Kansas for shared content!

## November Mission - PIE Backpack Ministry

One in six children in America suffers from real hunger. These kids live in every state and every county in the nation. Georgia is home to 523,470 hungry children, including 7,250 in Douglas County. You can help these hungry children. Bright Star United Methodist Church partners with Bill Arp Elementary to provide

backpacks full of food and snacks to send home with children who receive free lunches or reduced lunches so they have food to eat on the week-



ends and during the holidays from school. You can help with donations of single serving packages of cereal, mac & cheese, soup, rice-a-roni (or similar) apple sauce, crackers, etc.... Or you can give a monetary donation. Although this is our November Mission focus, this is an on-going ministry and we appreciate any and all support!