

Have you ever had a bad day?

Douglas had a really bad day once. Let me tell you a bit about it. One Sunday night, it stormed. He woke Monday morning to his dog, Roscoe, licking his face. He noticed the sun was already coming up. That was unusual for a school morning. Then he realized that the power had gone out in the storm and his alarm clock wasn't working.

To make things worse, he realized his whole family had overslept. They were all late getting ready for work and school so they were in a huge rush. He had missed the bus so his mom drove him to school.

In his rush, he had failed to grab the homework he had worked hard on all weekend so he couldn't turn it in. He had also failed to get his lunch and had to eat a school lunch. It was grilled eggplant. Yuck!

When he got home, he remembered that in the morning rush, no one had let his dog out to go potty....so there was a present waiting for Douglas in his room.

Now I'm going to let Douglas tell you what he learned from his bad day.

[Gratitude | Teaching Kids to be Thankful | Sunday School Lesson](#) start watching at 3:40

What did Douglas learn? You need to have an attitude of gratitude.

When we look for the blessings God has given to us, it makes the hard times or even bad times better. We can begin to see what God is accomplishing even in the bad things in life.

#TargetPractice: What can you thank God for today?

We are going to decorate some 'Grateful' jars for you to take home. I also have some slips of paper for you to write things you are grateful for. They can be folded and placed in your jar. You can always add more to it, but it will be something you can open to read any time you are feeling you are having a bad day.

It will be a great reminder to have an attitude of gratitude and look for what God is doing, even in the 'bad' times. Even though we may not see the 'good' right away, the notes in the jar can be a reminder of God's faithfulness and to just hold on.