

# EXPLORE GRATITUDE AND DISCOVER LAMENT

## Supplies needed:

- 2 jars (or cans) of equal size
- Slips of paper
- Pen/pencil
- Stickers to label jars (these are in your kit!)
- Craft supplies to decorate jars if you wish.

Label your jars with your labels and decorate as you would like! Put the jars on your dining room table or living room coffee table

- somewhere where you will see them every day which will remind you to take a few minutes to do the following each day:

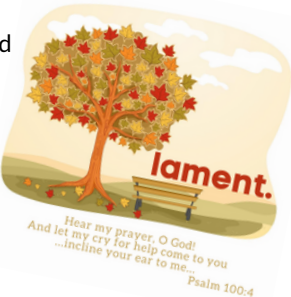
## for your Gratitude Jar:

Invite everyone to daily write or draw one thing they are thankful for on a slip of paper and put each slip into jar. Add to the Gratitude Jar until Thanksgiving Day.

## for your Lament Jar:

Lament is an expression of grief or sorrow or worry. You might remember from the story on page 2 that the people of Israel complained to Moses and God *a lot*. In the bible, there is tradition of lamentation for things that have been lost or are not going the way people wanted or if people were worried or anxious about things. In fact, there is a whole book called Lamentations in the bible!

Invite everyone to write or draw things that feel wrong in the world, situations that you wish were different, things you are mourning or anxious about on the slips of paper. Add those slips to the Lament Jar until Thanksgiving Day.



## On Thanksgiving Day:

1. Light a candle, reminding everyone that you are surrounded by God's love and care and the light that is Christ is in you and amongst you.
2. Empty your lament jar\* onto the table - you might want to read them out loud to one another or read them quietly to yourself.

Pray together: *Holy One, we give thanks that you are always here for us, always here to listen to our worries and concerns. We know you hold our grief and sadness and we can share that with you so that we can see light and love.*

*You love us and we love you.*

3. Empty your gratitude jar\*, read through your gratuities as a family and give thanks God for all.

\*You could create a poster or collage with your gratitude and lament notes. Or, you can burn them in a campfire! What do you notice about the practice of noting these things? How do you feel?

