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Lesson 8 / October 25, 2026

Thoroughly Thankful

By RLD Editorial Team

for use as STEP 1

Lesson 8
Focus:
Thank God in good times and bad.

Lesson 8
Bible Basis:
1 Samuel 31; 2 Samuel 5-6; 1 Chronicles 13-16

Lesson 8
Memory Verse:
Give thanks in all circumstances, for this is God's will for you in Christ Jesus. —1 Thessalonians 5:18

In order to introduce the lesson topic, students will talk about their attitudes in good and bad situations and learn about the benefits of gratitude.

Materials:
- Internet access

Today's lesson deals with how King David reacted to his circumstances. To get your students thinking about how they feel in different situations, start by asking a few questions about their experiences. **Have you ever paid attention to the way you react when the unexpected happens? We can learn a lot about ourselves if we stop and take a look at our attitude.**

➢ **Tell about a time you had a really good surprise! How did you react?** (Be prepared to share your own story to prompt discussion.)

➢ **What's the most disappointed you've ever been?** (Encourage students to discuss, but be careful to avoid gossip or oversharing.)

➢ **Have you ever tried to be grateful even when you were disappointed or things weren't quite what you expected? What happened?** (Answers may vary.)

It's easy to be thankful when we have everything we want, but it's a little more challenging to stay positive and thankful when things are tough!

Let's take a look at some of the benefits of gratitude as shared by neuroscientist Andrew Huberman.

Read the following benefits out loud for your students:

"A gratitude practice offers numerous benefits for both mental and physical health, as highlighted in discussions by Andrew Huberman on the Huberman Lab. Here are the key benefits:

1. **Enhanced Well-Being**
2. **Resilience to Trauma**
3. **Improved Social Relationships**
4. **Physiological Changes (such as lower inflammation levels)**
5. **Neural Circuit Activation (such as a decrease in anxiety and fear)**

6. **Cognitive and Learning Benefits (such as enhanced learning abilities and creativity)**
7. **Long-Lasting Effects (such as improved mood and mental health)"**

➢ **What does this list teach us about the benefits of gratitude?** (Answers may vary.)

➢ **Have you ever tried to show thankfulness even when you were experiencing something challenging, such as losing a game, doing poorly on a test, or having a friend move away? Did it feel harder to be thankful in that situation than when you weren't in a tough situation? Talk about that a little bit.** (Accept all reasonable responses.)

Gratitude is actually good for us and benefits our health! While it's easier to be thankful when times are good, it can be hard to feel thankful when we're experiencing tough times. In today's lesson, we'll hear a story about someone who chose to be thankful even though it would have been easy not to. Let's find out why.

Source:
https://ai.hubermanlab.com/s/Y3zfI7G-

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

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Lesson 8 / October 25, 2026

Thoroughly Thankful

for use as STEP 4

Lesson 8
Focus:
Thank God in good times and bad.

Lesson 8
Bible Basis:
1 Samuel 31; 2 Samuel 5-6; 1 Chronicles 13-16

Lesson 8
Memory Verse:
Give thanks in all circumstances, for this is God's will for you in Christ Jesus. —1 Thessalonians 5:18

Materials:
- Pieces of paper (1 per student)
- Writing utensils

If your class is meeting online, invite students to bring supplies with them to class.

As students clean up from Step 3, move back toward the lesson focus. **David was serious about giving thanks to God for his situation. He set a good example for us!**

➢ **What are some reasons why you might have trouble being thankful in good times and bad?** (Possible answers: Forgetting what God has already done for us; focusing on ourselves too much.)

Being thankful in good times and bad isn't something that comes naturally; it takes practice. Let's spend some time brainstorming different situations we might be faced with in the upcoming weeks—times that it might be challenging to remember to be thankful. For example, you might find out that you have more work to do than you expected, or you might not get to do something you were looking forward to.

Distribute supplies (or invite students to have them ready at home). Ask students to write down their ideas. Once the students have had a few minutes, ask for volunteers to share their ideas with the class.

➢ **Are these situations you've faced in the past? How did you react the last time you were faced with something like this?** (Allow brief time to share.)

This week, use one of the ideas we discussed as a reminder to always be thankful. Think about the situations you're facing and come up with a way to still thank God even if things don't always go according to what you expected. Take notes on some of the things that happened and what you did to remain thankful; we would love to hear about them next week!

Close in prayer.

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