



An Invitation to Grow in Gratitude Together: Intergenerational Faith Formation Activity

Gratitude Chains

Note:

Since you've just introduced this new way of talking about stewardship, it's time to have some fun. This gratitude practice comes from a parish UTO Coordinator who wanted to visually show her congregation how much they had to give thanks for in their daily lives. We've used it with all ages and for various lengths of time. This project is especially popular at Episcopal Youth Event, where young people came day after day to see how long the chain was getting and what others were thankful for that might inspire their gratitude.

Overview:

Gratitude Chains is a super easy project to help people visualize how many good things God is doing in the midst of their daily life. It's easy to start at coffee hour, during the announcements or as a part of a parish gathering. It can be done by anyone of any age or ability. You'll be making paper chains like many of us made as children to decorate our Christmas tree.

Supplies:

Paper cut into slips - these can be as long or short as you want, but long enough that someone can write (or draw) what they are thankful for. We recommend making them in a variety of colors but all the same length.

Tape or staplers to attach the chains

Markers, crayons, pens, etc. for people to decorate or write on their slips

Action:

Invite your congregation to take slips and write one thing on each slip for which they are grateful. You can invite them to take home slips and bring them back the following Sunday, so they can continue to notice and give thanks. Once you have a pile of slips begin to assemble them into a chain. Let people know how long this project will last and how long you are hoping to make the chain. For example, we're going to do this for a month and we want to see how many lengths of the sanctuary we can complete. Then simply remind people, continue to provide paper, and keep adding gratitude links to your chain. When the time has finished, be sure to offer a concluding prayer of gratitude for all of the blessings the chain represents before taking them down. These also make great decorations for your pledge ingathering Sunday if you want to keep adding to them throughout the entire campaign.