

THE GRUMBLE TO GRATEFUL *family reset pack*

SIMPLE TOOLS TO TURN COMPLAINING INTO GRATITUDE



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The Grumble to Grateful Family Reset Pack

Five printable pages to help your family hand the grumbling to God and spot His goodness.

From Tara Lee Felix at LikeMindedMusings.com

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Tool 1: Grumble Minute

"Casting all your anxieties on him, because he cares for you." 1 Peter 5:7 (ESV)

Say It, Then Hand It Over

Kids who can't say it anywhere will say it everywhere. Give the grumbling a place to land, then give it to God.

How it works

1. Set a timer for 60 seconds.
2. Each person gets to say what's bugging them. No fixing and no lecturing, just Mom listening. Silly voices are welcome!
3. Pray together using one of the starters below.
4. Each person names one thing they can thank God for.

Prayer starters

- Lord, we're giving You _____. Help us trust You with it. (Try: the long math page, the grumpy morning.)
- God, this is hard for me. Thank You that You care about _____.
- Jesus, help me use my words. I'm thankful for _____.

Today I'm handing God: _____

The Gratitude Swap

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."
1 Thessalonians 5:18 (ESV)

One Complaint, One True Thankful

You're allowed to name the complaint, but it has to be partnered with one thing to be thankful for. It's honest, not fake-happy. We aren't asked to be thrilled about the long assignment. We're invited to find one true thing to thank God for even when the assignment is still long.

Example: I don't like how long this assignment is, but I'm thankful I get to do school at home in my comfy clothes.

Your turn. Fill in a few and read them out loud:

	I don't like...	...but I'm thankful for...
1		
2		
3		
4		

Tool 2: Choose a Better Word

"O you who love the LORD, hate evil!" Psalm 97:10 (ESV)

A Fridge Chart for Honest Words

When my kids were growing up, the word "hate" was off the table for everyday things. We hate what God hates, and that list doesn't include math or my meatloaf 😊 Please know this was never about shame. It simply creates a pause, and in that pause a child gets to choose a better word.

Gentle prompt: *"Is that the word you want to use?"*

Tool 3: God Wink Journal

"Every good gift and every perfect gift is from above." James 1:17 (ESV)

Where Did God Show Up Today?

A **God wink** is one of those small, personal moments where God shows up just to say, "I see you." When you spot one, stop and thank Him out loud and write it down.

Try a thankful jar. Every note has to be specific. "I'm thankful for food" slides right past a child, but "God wink: when the sun came out right as we started our walk" sticks. Read a few at dinner or morning table time each week.

Date: _____

The God Wink (what happened):

My thank-you to God:

If God used a person as the God Wink, write them a note of encouragement this week.

Who will you thank? _____

Tool 4: Mom's Reset Page

"Do all things without grumbling or disputing." Philippians 2:14 (ESV)

When I'm the One Grumbling

Friend, our kids watch us far more closely than they listen to us. You don't need to be perfectly cheerful. You need to be honest and willing to come back to God.

My youngest daughter once asked me, "Mommies don't throw fits, right?" Gulp. I wish I could say that was true.

A reset prayer

Lord, I let my attitude win today, please forgive me. Help me see what's good, and help me show my kids what it looks like to come back to You.

A repair script

"I'm sorry. I let my attitude win. Will you please forgive me?"

Say it loud, the messy version

"I'm tired, and the laundry is still on the couch, but I'm thankful we have clothes to wash." Or: "I felt really grumpy this morning. I'm asking God to help me, and I'm choosing to be thankful for this coffee (even if it's cold)."

Today I'm thankful for:

Remember grace over perfection. It's ok to try again tomorrow!