The Great Gratitude Challenge: Thanking God for every good thing.

James 1:17; Philippians 4:8

DAY 1

Every Day Is a Gift

Read Psalm 118:24

Have you ever had a day that started out great? Maybe you found your favorite snack, got extra recess, or heard some really good news. Those moments make it easy to feel thankful!

But what about ordinary days? The kind where nothing exciting happens?

Psalm 118:24 reminds us that every day is a gift from God. Whether the day feels amazing or just okay, God is still good. Every sunrise, every laugh, every meal, and every breath is a reminder of His love.

When we look for good things, we start noticing more of them. And when we thank God for those things, our hearts grow happier too.

Good Gift Hunt:

Set a timer for one minute. Look around the room and count how many good gifts from God you can spot. Maybe it's a friend, a pet, food, or even a comfy chair!



DAY 2

Treasure Hunters for Thankfulness

Read Colossians 3:15

Have you ever played a game where you had to find hidden treasures? Sometimes gratitude is like that. Good things are all around us, but we have to slow down and notice them.

The Bible tells us to be thankful. That means we can choose gratitude even when life is not perfect. Maybe your day did not go exactly how you wanted. Maybe something felt frustrating or disappointing. Even then, God is still giving good gifts.

A thankful heart helps us see what is good instead of only focusing on what is hard.

Treasure List:

In each box, draw one good thing from today: something you saw, heard, tasted, or experienced.

There's More! ⟶

DAY 3

Growing a Grateful Heart

Read 1 Thessalonians 5:18

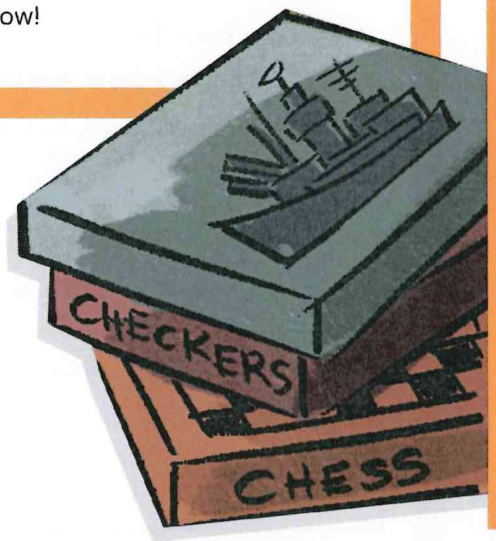
Imagine if every time someone gave you a gift, you forgot to say thank you. That would be pretty rude, right?

God gives us gifts every single day. Some are big, and some are small. Friends, family, food, sunshine, talents, laughter, and so much more all come from Him.

Sometimes we get so busy that we forget to thank God. But gratitude is like a muscle. The more we practice it, the stronger it grows.

Thank You Chain:

Cut or tear strips of paper. Every time you think of something you are thankful for, write it on a strip and connect it to make a paper chain. See how long your gratitude chain can grow!



DAY 4

The Giver of Every Good Gift

Read James 1:17

Have you ever received a gift you were really excited about? Maybe it was a toy, a book, or a special treat. Gifts remind us that someone cares about us.

The Bible says that every good and perfect gift comes from God. That means every good thing in your life is a reminder of how much God loves you. A good friend. A warm meal. A beautiful sunset. A funny moment that makes you laugh.

God is the giver of every good gift, and He never changes. His love for you stays the same every day.

Gratitude Jar: Find a jar, cup, or bowl. Write one thing you are thankful for on a small piece of paper and place it inside. Keep adding to it all week long.

Prayer:

Dear God, thank You for all the good gifts You give me every day. Help me notice Your goodness and remember to thank You for every good gift. In Jesus' name, Amen."

I can thank God for everything.

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The Great Gratitude Challenge: Thanking God for every good thing.

Habakkuk 3:17–18; 1 Thessalonians 5:18 (supporting: 2 Corinthians 4:17)

DAY 1

Finding Good on Hard Days

Read Psalm 34:1

Have you ever had a day where everything seemed to go wrong? Maybe you spilled your drink, forgot your homework, or argued with a friend. On days like that, being thankful can feel really hard!

Habakkuk knew what that felt like. Lots of difficult things were happening around him. But instead of only focusing on the problems, he chose to remember how good God had been.

That does not mean he pretended everything was perfect. It means he trusted that God was still good, even when life felt hard.

We can make that choice too. Even on tough days, there is always something we can thank God for.

Three Good Things:

Name three good things from your day, even if it was a hard day. Thank God for each one.

1. _____

2. _____

3. _____

DAY 2

Hope Changes What We See

Read Romans 15:13

Imagine wearing a pair of glasses that only helped you see problems. You would probably miss all kinds of good things happening around you! Sometimes our minds can do that too. We get so focused on what is wrong that we forget to notice what is right.

Habakkuk chose a different way. Even when things looked bad, he remembered that God was still with him. That gave him hope and joy.

God wants to help us notice His goodness too. When we focus on Him, He fills our hearts with hope.

Hope Glasses:

Make pretend glasses with your fingers. Look around the room and find five things you are thankful for. Say, "Thank You, God!" after each one.



There's More! ⟶

DAY 3

Choose Gratitude

Read Hebrews 12:28

Sometimes we only feel thankful when something exciting happens. But gratitude is not just for great days. Gratitude is a choice we can make every day.

Habakkuk thanked God before his problems were solved. He trusted that God was still working, even when he could not see the answer yet.

That is a great reminder for us. Maybe you are waiting for something to get better. Maybe you feel frustrated about something right now. You can still thank God because He loves you, cares for you, and promises to be with you.

Thankful Walk:

Take a short walk with a trusted adult. For every ten steps, think of one thing you can thank God for. See how many blessings you can find before you get back home.



DAY 4

Open Hands, Thankful Heart

Read John 14:27

Sometimes life feels heavy. Maybe something did not go your way, you feel disappointed, or you are having a difficult week. God understands those feelings.

Habakkuk was honest about the hard things happening around him. But he also chose to trust God. He remembered that God was bigger than his problems and that God would take care of him.

When we thank God during difficult times, it helps us remember that He is still in control. Gratitude does not make problems disappear, but it helps us focus on God's love and faithfulness.

Try it: Clench your fists tight for 10 seconds. Now open your hands and say: "Thank You, God, for_____ (fill in the blank with 1 good thing)."

Which feels better: closed fists or open hands? Gratitude helps our hearts let go of worry

Prayer:

Dear God, thank You for loving me even when life is hard. Help me trust You and find reasons to be thankful every day. In Jesus' name, Amen."

I can thank God no matter what.

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Luke 17:11–19

DAY 1

Don't Forget to Turn Back

Read Psalm 107:1

Have you ever gotten a really awesome gift and been so excited that you forgot to say "thank you"? Sometimes we get caught up enjoying the gift and forget the person who gave it to us.

That is what happened to nine of the men Jesus healed. All ten were healed from a terrible disease. They were excited to get their lives back. But only one man remembered to stop, turn around, and thank Jesus.

Being grateful means taking time to remember who gave us the good things we enjoy. Every day, God gives us gifts like food, family, friends, and His love.

Thank You Turnaround:

Walk across the room. Then stop, turn around, and say, "Thank You, God!" ten times. Remember the man who turned back to thank Jesus

DAY 2

Say It Out Loud

Read Ephesians 5:20

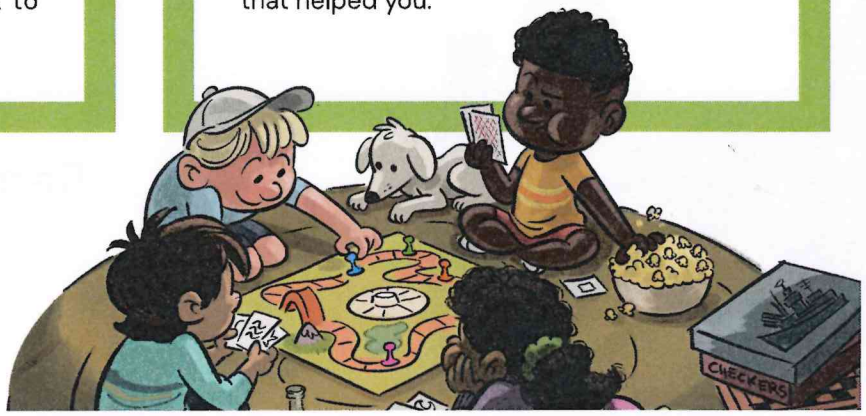
The man who came back to Jesus was so thankful that he praised God loudly and threw himself at Jesus' feet. He did not keep his gratitude to himself.

Sometimes we think gratitude only happens in our hearts. But saying "thank you" out loud is important too. It helps people know they are appreciated. It also reminds us of all the good things God has done.

Today, think about all the people who help you. Your family, teachers, coaches, friends, and others all make a difference in your life.

Thank You Challenge:

Say "thank you" to three people today. Try to be specific. Instead of just saying "thanks," tell them exactly what they did that helped you.



There's More! ⟶

DAY 3

Look Back Before You Move Forward

Read Psalm 136:1

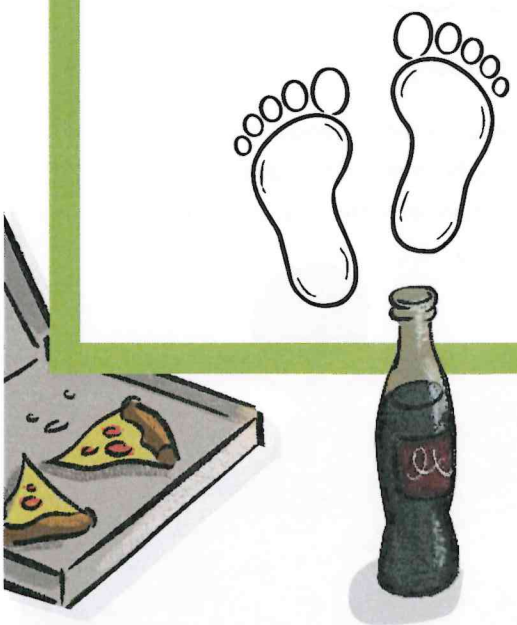
When life gets busy, it is easy to forget the good things God has done. The nine healed men were probably thinking about getting home, seeing family, and starting a new life. They forgot to stop and thank Jesus.

The one man chose something different. He looked back before moving forward.

That is a great habit for us too. When we stop and remember God's goodness, it helps our hearts stay thankful.

Memory Trail:

In each footprint, write or draw something God has done for you this year. Maybe He helped you learn something new, kept you safe, or gave you a good friend.



DAY 4

Remember the Giver

Read Colossians 3:17

Imagine being one of the ten men Jesus healed. Your sickness is gone. You can see your family again. You can go home. How excited would you be?

Now imagine being the one who stopped and ran back to thank Jesus. That man understood something important. Gratitude is not just about receiving blessings. It is about remembering the One who gives them.

God has done so many good things for us. He loves us, cares for us, and sent Jesus to rescue us. When we thank God every day, it helps us remember how good He is.

Gratitude Notes: Write or draw one thing you are thankful for on four small pieces of paper. Hide them around your room. Each time you find one this week, stop and thank God for that gift.

Prayer:

Dear God, thank You for all the good things You give me. Help me remember to thank You and the people around me every day. In Jesus' name, Amen."

Remember to thank God.

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Nehemiah 8:13-18 (supporting: Leviticus 23:33-34)

DAY 1

Celebrate God's Goodness

Read Psalm 100:2

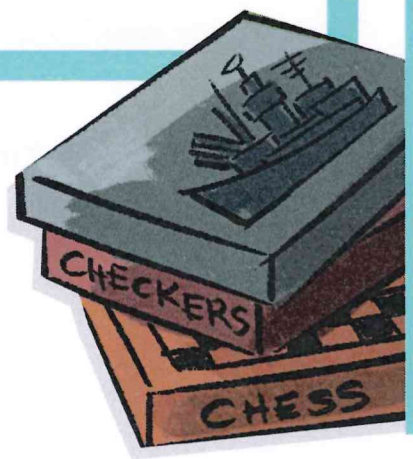
Did you know God loves celebrations? Think about birthdays, holidays, team victories, or family parties. Celebrations are fun because they help us remember something special.

God wanted His people to celebrate too. The Feast of Booths was a special time when they remembered how God had taken care of them in the wilderness. They stopped their normal routines and focused on God's goodness.

Sometimes we get so busy that we forget to celebrate what God has done. But taking time to thank Him brings joy to our hearts.

Celebration Countdown:

Set a timer for one minute. How many things can you name that God has done for you? Say them out loud as fast as you can!



DAY 2

Remember What God Has Done

Read Psalm 126:3

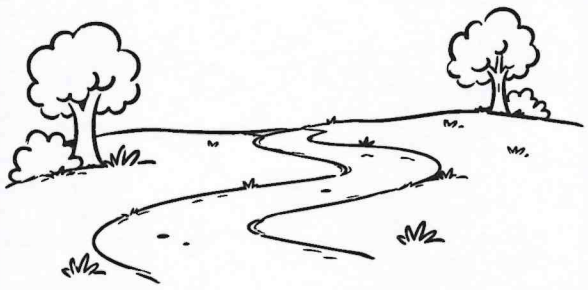
The people in Nehemiah's day had been through some hard times. They had worked hard rebuilding their city, and many years had passed since anyone celebrated the Feast of Booths the way God instructed.

When they finally took time to celebrate, they remembered all the ways God had helped them. Their joy grew because they stopped and looked back at God's faithfulness.

We can do that too. Sometimes the best way to feel thankful is to remember what God has already done.

Memory Map:

Along the path, draw or write three good things God has helped you with this year.



There's More! ⟶

DAY 3

Celebrate the Good Gifts

Read Ecclesiastes 3:13

God gives us many good gifts to enjoy. Family. Friends. Food. Laughter. Time together. The Feast of Booths included eating meals together, resting, and celebrating God's faithfulness.

Sometimes we think being thankful only means saying "thank you." But gratitude can also look like enjoying the good gifts God gives us and sharing them with others.

God wants us to slow down and notice His blessings.

Family Celebration Night:

Ask a parent if you can have a mini celebration tonight. It could be a game, a walk, or a special dessert. Before you begin, have everyone share one thing they are thankful to God for.



DAY 4

Joy Makes You Strong

Read Nehemiah 8:10

When the people heard God's Word, they first felt sad because they realized they had not been following Him. But Nehemiah told them something surprising: "The joy of the Lord makes you strong."

God did not want them to stay sad. He wanted them to celebrate His love, forgiveness, and faithfulness.

The same is true for us. When we remember how much God loves us and how He takes care of us, our hearts fill with joy. That joy gives us strength for each new day.

Joy Banner: Make a paper banner that says "God Is Good!" Decorate it with drawings of things you are thankful for and hang it somewhere you can see this week.

Prayer:

"Dear God, thank You for all the ways You care for me. Help me remember to celebrate Your goodness and share that joy with others. In Jesus' name, Amen."

Make time to celebrate God.

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John 1:1–5, 14; Micah 5:2; Isaiah 9:6–7; Isaiah 7:14–15

DAY 1

Hope You Can Trust

Read Romans 15:13

Have you ever hoped for something really badly? Maybe you hoped for snow, a good grade, or a special gift. Sometimes those things happen, and sometimes they do not.

God's kind of hope is different. It is not just wishing for something. It is trusting that God keeps His promises.

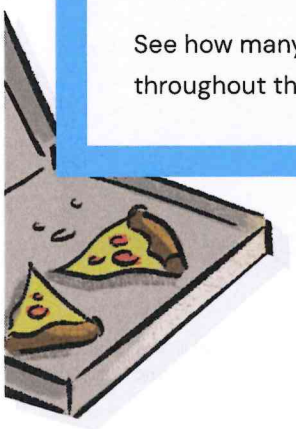
Long before Jesus was born, God promised He would send a Savior. Hundreds of years later, God kept that promise exactly as He said He would. That means we can trust Him with the promises He makes to us today too.

When life feels difficult, hope reminds us that God is still working, even when we cannot see it yet.

Hope hunt:

Today, whenever you see a star, a light, or something yellow, stop and say: "God keeps His promises!"

See how many times you can remember throughout the day.





DAY 2

God Always Keeps His Promises

Read Psalm 33:4

Imagine if someone promised to meet you at the playground but never showed up. That would be disappointing! Thankfully, God is not like that.

Everything God says is true. When God promised to send Jesus, He kept that promise. Prophets like Isaiah and Micah told people about Jesus hundreds of years before He was born. Then, at exactly the right time, Jesus came.

That reminds us that God always does what He says He will do.

When you feel worried, scared, or unsure, you can remember that God is faithful. He has never broken a promise, and He never will!

Draw a Promise:

Draw a picture of something God has given you that shows He cares for you. (Examples: family, friends, pets, food, church, nature)

There's More! ⟶

DAY 3

Hope Holds Us Steady

Read Hebrews 6:19

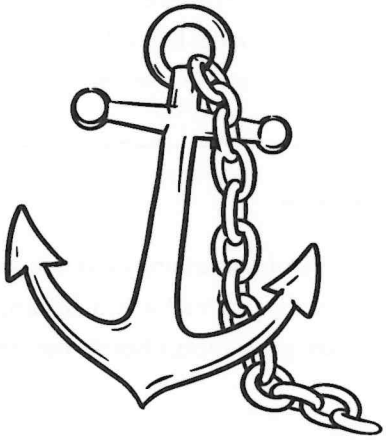
An anchor helps keep a boat from drifting away. Hope works a little like an anchor for our hearts.

Life does not always go the way we want. Sometimes we get disappointed. Sometimes things feel unfair or difficult. But hope helps us remember that God is still in control.

Jesus came to rescue us, and because of Him, we know that God is working out His good plan. Even when things are hard today, we can trust that God will make everything right one day.

Anchor:

Around the anchor, write or draw things that remind you of God's hope, like Jesus, prayer, family, church, or the Bible.



DAY 4

Jesus Is Our Hope

Read John 14:1

God's plan to send Jesus shows us something amazing: God always had a rescue plan. Even before people sinned, God knew He would send Jesus to save us.

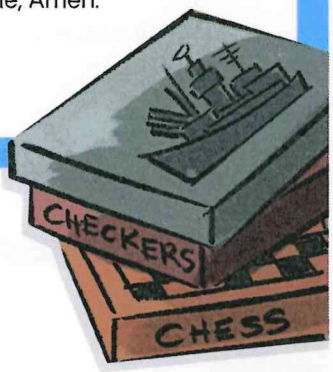
That means God is never surprised by what happens in our lives. He sees the hard things, the sad things, and the confusing things. And He is still at work.

Because Jesus came, we can have hope no matter what we face. Hope does not mean pretending everything is perfect. Hope means trusting that God loves us, is with us, and will keep His promises.

Hope Light: Turn off the lights and use a flashlight with a trusted adult. Notice how even a small light shines brightly in the darkness. Jesus is our hope and light no matter what happens.

Prayer:

"Dear God, thank You for sending Jesus and giving me hope. Help me trust Your promises and remember that You are always working for my good. In Jesus' name, Amen."



We can thank God for giving us hope.

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