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

James 1:17; Philippians 4:8

DAY 1: REVIEW

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

Even if you already saw it at church, feel free to check it out again!

After watching So&So, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

DAY 2: EVERY GOOD THING

Read James 1:17 NIrV

Have you ever gotten so focused on what is going wrong that you forget to notice what is going right? It happens to everyone. Maybe your homework is hard. Maybe a friend hurt your feelings. Maybe things just are not going your way.

But God wants us to remember something important. Every good thing in our lives comes from Him. The air you breathe. The people who care about you. The food you eat. The talents you have. Even the small things, like hearing a funny joke or seeing a beautiful sunset, are gifts from God.

When you start looking for God's gifts, you begin to see them everywhere. Gratitude helps you focus less on what is missing and more on what God has already provided. And the more you thank God, the more you notice His goodness.

List three good gifts God gave you today:

1. _____
2. _____
3. _____

DAY 3: TRAIN YOUR THOUGHTS

Read Romans 12:2 NIrV

Your brain is powerful. The things you think about most often can shape your attitude and actions. If you only focus on problems, it can feel like problems are all you have. But God gives you a better choice.

You can choose to focus on what is good. That does not mean pretending hard things do not exist. It means remembering that God is still good, even when life is difficult.

Think about a flashlight in a dark room. The darkness is still there, but the light helps you see what matters. Gratitude works the same way. It helps you notice God's goodness in the middle of everyday life.

This week, challenge yourself to stop one negative thought and replace it with something you can thank God for. You may be surprised how much it changes your day.

Finish this sentence:

Today I will thank God for _____.

There's More! →

DAY 4: GRATITUDE CHANGES YOU

Read Psalm 92:1 NIrV

Have you ever noticed how your attitude changes when you stop to say thank you? Gratitude does more than make you polite. It changes the way you see your life.

When you thank God regularly, you start noticing blessings you might have missed before. You become more aware of His love, His help, and His presence in your life. Even on difficult days, there is always something to thank Him for.

The more you practice gratitude, the more natural it becomes. Instead of focusing on what you do not have, you begin to appreciate what God has already given you.

Being thankful is not just something you do once a year. It is a habit that helps you grow closer to God every day.

Ask someone at home to share one thing they are thankful for today. Then share one of yours.

DAY 5: LOOK FOR THE GOOD

Read Philippians 4:8 NIrV

Some days it is easy to see good things. Other days you have to look a little harder. That is why the Bible tells us to think about things that are true, noble, right, pure, lovely, and worthy of praise.

God knows that what we focus on matters. When we pay attention to good things, our hearts become more grateful. Today, challenge yourself to become a "good finder." Look for acts of kindness. Look for beauty in God's creation. Most of all, look for ways God is caring for you. The more you practice gratitude, the easier it becomes to recognize God's goodness every day.

Pray: God, thank You for every good gift You have given me. Help me notice Your goodness every day. Teach me to focus on what is true and good, and fill my heart with gratitude. In Jesus' name, Amen.

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

What can you thank God for?

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