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: 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: GRATITUDE WHEN LIFE IS HARD

Read Romans 8:28 NIrV

It is easy to thank God when everything is going your way. It is harder when things are disappointing. Maybe you studied hard and still got a bad grade. Maybe a friend let you down. Maybe something did not go the way you planned.

God never tells us to pretend hard things are easy. But He does remind us that He is still working, even when life feels difficult. Sometimes we cannot see the whole picture, but God can. He can use hard moments to help us grow stronger, wiser, and closer to Him.

Gratitude is a way of trusting God. When you thank Him during a tough time, you are saying, "God, I believe You are still good, even when I do not understand." That kind of trust helps your faith grow.

One hard thing I am facing is _____.

One thing I can still thank God for is _____.

DAY 3: LOOK FOR THE GOOD

Read Psalm 136:1 NIrV

When something goes wrong, it can feel like that one problem is all you can see. But God invites us to look beyond our problems and remember His goodness.

Think about a cloudy day. The sun is still there, even when you cannot see it. In the same way, God's goodness is still present, even when life feels difficult.

Maybe you have a friend who encourages you. Maybe you have a teacher who cares about you. Maybe you got to enjoy a good meal or laugh at something funny today. Those are reminders that God is still taking care of you.

The more you look for good things, the easier they are to find. Gratitude helps you notice God's fingerprints all over your life.

Write three good things you noticed today:

1. _____
2. _____
3. _____

There's More! →

DAY 4: THANKFUL ANYWAY

Read Philippians 4:4 NIrV

Being thankful is not about waiting until everything is perfect. If that were true, most of us would never be thankful! Gratitude is choosing to focus on God's goodness, even when life is not going the way we hoped.

The prophet Habakkuk made that choice. Even when things looked bad, he decided to trust God and be glad because of who God is. That is what gratitude looks like. It is not pretending problems do not exist. It is remembering that God is bigger than those problems.

You can make that choice too. Even on a difficult day, there is always something good that God has given you.

Ask someone at home about a hard time when they still chose to trust God. What helped them stay thankful?

DAY 5: GOD IS STILL GOOD

Read 1 Thessalonians 5:18 NIrV

Some days are amazing. Some days are difficult. Most days are somewhere in between. No matter what kind of day you are having, God is still good.

The Bible tells us to give thanks no matter what happens. That does not mean we have to be happy about everything. It means we can always find reasons to thank God.

When you practice gratitude during difficult times, you are showing that you trust God. You are choosing faith instead of fear and thankfulness instead of complaining.

Thankful Toss: Toss a soft ball or stuffed animal. Each time you catch it, name one thing you can thank God for. See how many thankful catches you can make!

Pray: God, thank You for being good all the time. Help me trust You when life is hard and teach me to be thankful no matter what. 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, even when life feels hard?

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