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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