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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