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

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.

Download the free Parent Cue app
AVAILABLE FOR APPLE AND ANDROID DEVICES

©2026 Amazing Life. All Rights Reserved.