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

Luke 17:11–19

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: DON'T FORGET TO SAY THANKS

Read Psalm 103:2 NIrV

Have you ever been so excited about something that you forgot to say thank you? Maybe someone gave you a gift, helped you with a project, or did something kind for you. Sometimes we get so focused on what happens next that we forget to stop and show gratitude.

That is what happened to nine of the men Jesus healed. They were so excited to get back to their lives that they forgot to return and thank Him. Only one man remembered.

The Bible reminds us not to forget all the good things God has done. Every day, God helps, provides, protects, and loves us. But if we rush through life, we can miss those gifts.

Today, take a moment to slow down and remember. What has God done for you recently? Gratitude starts when we stop and notice.

Write one good thing God has done for you this week:

DAY 3: LOOK BACK AND REMEMBER

Read Deuteronomy 8:2 NIRV

When life gets hard, it is easy to focus on what is going wrong. But one of the best ways to grow gratitude is to remember what God has already done.

Think about a time when you were worried, and things worked out. Or a time when you needed help and someone showed up for you. Those moments matter. They remind us that God has been faithful before, and He will be faithful again.

The man who returned to Jesus remembered where his healing came from. He did not just enjoy the gift. He remembered the Giver.

When you remember God's faithfulness, it helps you trust Him with whatever you are facing today.

One hard thing I am facing is _____

DAY 4: GRATITUDE FOR PEOPLE

Read Colossians 3:15 NIrV

God often shows His love through people. Parents who care for you. Friends who make you laugh. Teachers who help you learn. Coaches who encourage you. Sometimes

There's More! ⟶

we notice what people do, but we forget to tell them thank you. Gratitude is not just something we feel. It is something we express. A simple thank you can brighten someone's day and remind them that what they do matters. Do not keep your gratitude to yourself. Let people know you appreciate them.

If you could send one message to thank someone right now, who would it be?

Fill this out:

To:_____

Message: "Thank you for _____ _____."

Then actually send it if your parent says it's okay!

DAY 5: A GRATEFUL HEART

Read Ephesians 5:20 NIrV

The man who came back to thank Jesus received the same healing as the other nine men. The difference was that he stopped and expressed gratitude.

A grateful heart notices blessings that others might miss. It remembers God's goodness. Gratitude is a habit. The more you practice it, the easier it becomes. Soon you start noticing reasons to thank God everywhere you go. You thank Him for your family, your friends, your talents, and even the small moments that make you smile.

Start a "thank-you relay" today:

1. Thank one person.
2. Ask them to thank someone else.
3. See how far gratitude can travel!

Pray: God, thank You for all the good things You have done for me. Help me remember to stop and say thank You. Give me a grateful heart that notices Your goodness every day. In Jesus' name, Amen.

Journal

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

What are ways you can remember to thank God?

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