



Choosing Gratitude Over Complaining: A Children's Journey



Explore a 7-day Bible study plan helping children embrace gratitude instead of complaining through Scripture and heartfelt reflection.

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Introduction

Welcome to this special 7-day journey focused on *choosing gratitude over complaining!* In life, it can be easy—especially for children—to focus on what's missing or not going right. But God calls us to have thankful hearts, trusting Him through every circumstance.

In this study, we will explore beautiful Bible stories and verses that highlight the blessings around us and teach us how to express gratefulness.

Complaining often stems from focusing on disappointments, but by learning to see God's goodness, children can develop joy and contentment in their hearts.

Every day brings a new opportunity to practice gratitude, understand God's love, and grow in faith. Through Scripture and meaningful reflection, children will learn practical ways to respond with thankfulness, making a big difference in their daily lives and the lives of those around them.

Let's embark on this exciting adventure together, discovering how choosing gratitude can transform our hearts and bring us closer to God!  





Day 1: ✨ God's Gifts Are Everywhere



Day 1: ✨ God's Gifts Are Everywhere

Your Verse

James 1:17 – "Every good and perfect gift is from above, coming down from the Father of the heavenly lights."

Supporting Scriptures

- *Psalm 107:1 – "Give thanks to the LORD, for he is good; his love endures forever."*
- *1 Thessalonians 5:18 – "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."*



Day 1: ✨ God's Gifts Are Everywhere

Devotional: Recognizing God's Good Gifts Daily

Today, let's open our eyes to the wonderful gifts God gives us every day. Sometimes, children might feel upset because they don't have the newest toy or get what they want. But God reminds us that every good thing we have comes from Him.

Think about the sun that shines, the food you eat, your family, and friends—these are blessings! Instead of complaining about what we lack, we can choose to say thank you to God for all His goodness. Gratitude helps us see how much God loves us and cares for us.

Try counting three things you're thankful for today. Notice how your heart feels when you thank God. This simple habit will grow your joy and help you remember God's faithfulness even when things are hard.



Day 1: ✨ God's Gifts Are Everywhere

Reflect and Apply

1. What are three good things you have today that you can thank God for?

2. How does thinking about God's gifts change the way you feel when something goes wrong?

3. Why do you think God wants us to be thankful all the time?



Day 1: ✨ God's Gifts Are Everywhere

Journaling Prompts

1. Write about a time you complained recently. How could you have been more thankful instead?

2. Make a list of your favorite gifts from God—big or small.

3. Draw a picture of something you are thankful for today.



Day 1: ✨ God's Gifts Are Everywhere

Prayer for Today

Dear God, thank You for all the wonderful gifts You give me each day. Help me to see Your blessings, even in small things. Teach me to choose gratitude instead of complaining, and fill my heart with joy and peace. Help me to remember Your love every moment and to always say thank You. Amen. 🙏





Day 2: ❤️ A Thankful Heart in All Things



Day 2: ❤️ A Thankful Heart in All Things

Your Verse

1 Thessalonians 5:18 – "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Supporting Scriptures

- *Philippians 4:6 – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*
- *Colossians 3:15 – "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."*



Day 2: ❤️ A Thankful Heart in All Things

Devotional: Thankfulness Through Every Challenge

Choosing gratitude isn't just for happy times—it's for every situation.

Sometimes, kids might feel like complaining when things get tough or don't go their way. But the Bible teaches us to be thankful *always*, because God is with us through everything.

When we thank God even during hard times, our hearts grow stronger and more peaceful. Instead of worrying or complaining, we can pray and share what's on our minds with God, trusting Him to help us.

Try to find one thing to be thankful for today, even if it's been a tough day. This daily practice will help your heart stay full of hope and joy, no matter what.



Day 2:  A Thankful Heart in All Things

Reflect and Apply

1. What is one hard thing you have faced recently? Can you find something good in that situation?

2. How does praying and thanking God help your worries go away?

3. What can you do when you start to complain about something?



Day 2:  A Thankful Heart in All Things

Journaling Prompts

1. Write about a challenge you had and what you learned from it.

2. Describe how it feels to pray and thank God instead of complain.

3. List ways you can remind yourself to be thankful when feeling upset.



Day 2: ❤️ A Thankful Heart in All Things

Prayer for Today

Heavenly Father, thank You for being with me in every situation—good and **hard**. Help me to remember to thank You no matter what happens. Teach me to pray and trust You when I feel upset or worried. Fill my heart with peace and hope every day. Amen. 🙏❤️🌈✨





Day 3: 🙏 Jesus Welcomes Children



Day 3: 🙏 Jesus Welcomes Children

Your Verse

Mark 10:14 – "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these."

Supporting Scriptures

- *Matthew 19:14 – "Jesus said, 'Let the little children come to me, and do not stop them, for the kingdom of heaven belongs to such as these.'"*
- *Luke 18:16 – "But Jesus called the children to him and said, 'Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these.'"*



Day 3: 🙏 Jesus Welcomes Children

Devotional: Jesus Values Children's Trust and Gratitude

Jesus loves children so much that He welcomed them close! The Bible tells us that children are important to God's kingdom. This means that just as kids, you have a special place in God's heart.

Sometimes, kids might feel ignored or want more than they have. But Jesus shows us that our simple trust and loving hearts matter a lot to God.

Remember that Jesus invites you to come to Him with your feelings—your joys, your worries, and your thanks. When you choose gratitude, you honor Jesus and grow closer to Him. You are never alone when He is by your side.



Day 3: 🙏 Jesus Welcomes Children

Reflect and Apply

1. How does it make you feel to know Jesus welcomes you just as you are?

2. Why do you think Jesus wants children to come to Him?

3. How can you show Jesus your gratitude every day?



Day 3: 🙏 Jesus Welcomes Children

Journaling Prompts

1. Write a letter to Jesus telling Him one thing you are thankful for today.

2. Draw a picture of Jesus welcoming children.

3. Think of a time you trusted Jesus and describe it.



Day 3: 🙏 Jesus Welcomes Children

Prayer for Today

Dear Jesus, thank You for loving me and wanting me to come close to You. Help me to trust You and remember You are always with me. Teach me to say thank You for all You do, big and small. Help me to share Your love with others too. Amen. 🙏❤️🌟😊





Day 4: 🌿 The Story of Ten Lepers



Day 4: 🌿 The Story of Ten Lepers

Your Verse

Luke 17:15 – "One of them, when he saw he was healed, came back, praising God in a loud voice."

Supporting Scriptures

- *Luke 17:12-19 – "Jesus healed ten men with leprosy, but only one returned to thank Him."*
- *Psalms 100:4 – "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."*



Day 4: 🌿 The Story of Ten Lepers

Devotional: Being the Thankful One Who Returns

In this story, Jesus heals ten men who were very sick. But only one comes back to thank Him. This shows us how important it is to say thank you when God helps us.

Sometimes, it's easy to forget to be thankful when things go our way. But showing gratitude honors God and reminds us to trust Him always.

When you say thank you to God, your heart shines bright because you've noticed His kindness. Let's choose to be like the one thankful man, praising God out loud with joy!



Day 4: 🌿 The Story of Ten Lepers

Reflect and Apply

1. Why do you think only one man came back to thank Jesus?

2. How do you feel when someone says thank you to you?

3. How can you remember to thank God every day?



Day 4: 🌿 The Story of Ten Lepers

Journaling Prompts

1. Write about a time someone said thank you to you and how it made you feel.

2. List ways you can show gratitude to God this week.

3. Draw a comic of the ten lepers story, showing the thankful one.



Day 4: 🌿 The Story of Ten Lepers

Prayer for Today

Lord, thank You for always helping me and caring for me. Help me to remember to say thank You every day, just like the thankful leper. Teach me to praise You with joy and to not forget Your goodness. Amen. 🙏 🌻 🎉 ❤️





Day 5: 🌈 Counting Blessings Amid Difficulties



Your Verse

Philippians 4:6 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Supporting Scriptures

- *Psalm 34:1 - "I will bless the LORD at all times; his praise shall continually be in my mouth."*
- *Romans 8:28 - "And we know that in all things God works for the good of those who love him."*



Day 5:  Counting Blessings Amid Difficulties

Devotional: Finding Gratitude in Hard Times

Even when things seem hard, God wants us to be thankful and trust Him. This doesn't mean we ignore problems, but instead we bring them to God with prayer and thankfulness.

When we count our blessings, we remember that God is always working for our good. Gratitude helps turn our worries into peace. It reminds us that God is bigger than anything we face.

Try thinking of something hard and then find a blessing right next to it. You'll see God's love shining through!



Reflect and Apply

1. What hard things do you face that you can talk to God about?

2. How does thanking God help you when you are worried?

3. Can you think of a time God turned something bad into something good?



Journaling Prompts

1. Write about a worry you have and a blessing connected to it.

2. Draw two sides of a picture: one showing the hard thing and one showing God's goodness.

3. Make a list of things you can pray about with thanksgiving.



Day 5: 🌈 Counting Blessings Amid Difficulties

Prayer for Today

Dear God, thank You for always being with me, even in hard times. Help me to bring my worries to You and to remember Your blessings. Teach me to have a thankful heart that trusts Your plan. Fill me with Your peace and joy every day.

Amen. 🙏 ✨ 🌿 ❤️





Day 6: 💡 Wisdom Through Gratitude



Your Verse

Proverbs 3:5-6 - "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Supporting Scriptures

- *James 3:17 - "But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere."*
- *Psalms 111:10 - "The fear of the LORD is the beginning of wisdom; all who follow his precepts have good understanding."*



Day 6: 🕯 Wisdom Through Gratitude

Devotional: Gratitude Opens the Way to Wisdom

Gratitude helps us grow in godly wisdom and understanding. When children learn to trust God and thank Him, their hearts become wise and kind.

God promises to guide us when we lean on Him instead of only trusting ourselves.

Choosing gratitude opens our eyes to God's plan and helps us make good choices. It also fills our hearts with peace and joy that can shine to others around us.

Let's choose to trust God, thank Him, and listen closely to His wisdom every day.



Day 6: 💡 Wisdom Through Gratitude

Reflect and Apply

1. How does trusting God lead to good choices?

2. What does it mean to lean not on your own understanding?

3. How can gratitude help you grow in wisdom?



Day 6: 💡 Wisdom Through Gratitude

Journaling Prompts

1. Write about a time you trusted God and saw good results.

2. List ways you can ask God for wisdom and say thank you.

3. Draw a path that shows how God guides you when you trust Him.



Day 6: 💡 Wisdom Through Gratitude

Prayer for Today

Lord, help me to trust You with all my heart and thank You for Your guidance. Teach me Your wisdom that brings peace and joy. Help me to make good choices by listening to You and choosing gratitude every day. Amen. 🙏💡🌸
🌿





Day 7: 🎉 Living a Life Full of Thanks



Your Verse

Colossians 3:17 - "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."

Supporting Scriptures

- *Hebrews 12:28 - "Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe."*
- *Psalms 95:2 - "Let us come before him with thanksgiving and extol him with music and song."*



Day 7: 🎉 Living a Life Full of Thanks

Devotional: Gratitude in All We Say and Do

Living with a thankful heart isn't just about saying thank you—it's about making gratitude part of everything we do. When children choose to be thankful in words and actions, they honor God and bring happiness to themselves and others.

Thankfulness turns ordinary moments into special ones and helps us see God's presence all around us. It also helps us love others better and be a light in the world.

Today, let's decide to live with hearts full of thanks, praising God with joy and sharing that joy with the people around us.



Day 7: 🎉 Living a Life Full of Thanks

Reflect and Apply

1. How can you show gratitude in your words and actions?

2. Why is it important to thank God as part of everything you do?

3. How does gratitude help you love others more?



Day 7: 🎉 Living a Life Full of Thanks

Journaling Prompts

1. Write about a way you can show thanks through helping someone today.

2. Make a list of things to thank God for before you go to bed.

3. Draw a picture of yourself sharing joy and gratitude with friends or family.



Day 7: 🎉 Living a Life Full of Thanks

Prayer for Today

Thank You, God, for all You do in my life. Help me to live with a heart full of thanks in every word I speak and every action I take. Teach me to praise You joyfully and to share Your love with others. May my life always honor You!

Amen. 🙏 🎉 ❤️ ✨





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