

Growing in Faith Through Thankfulness: A Children's Bible Study



Explore thankfulness through Scripture with your child in this 7-day Bible study plan focused on cultivating gratitude and faith.

Table of contents

<u>Introduction</u>	3
<u>Day 1: 🌟 The Gift of Thankfulness</u>	5
<u>Day 2: 🍎 Thankful for Everyday Blessings</u>	11
<u>Day 3: ❤️ Thankfulness Grows Our Hearts</u>	17
<u>Day 4: 🌈 Thankfulness in Giving</u>	23
<u>Day 5: 🌟 Thankfulness and Joy</u>	29
<u>Day 6: 🙏 Thankfulness in Prayer</u>	35
<u>Day 7: 🌱 Growing a Thankful Heart</u>	41



Introduction

Welcome to this special 7-day Bible study designed to encourage children to embrace the habit of thankfulness. In today's fast-paced world, teaching children to recognize and appreciate God's blessings is more important than ever. This plan will help children learn how to keep a thankfulness list, a simple yet powerful tool to nurture a heart of gratitude and faith.

Throughout these seven days, children will dive into Scripture passages that highlight God's love, provision, and faithfulness. Each day's devotional is crafted to be relatable and engaging, making it easy for children to connect what they read with everyday life experiences.

Keeping a thankfulness list helps children pause, reflect, and celebrate God's goodness. It trains their eyes to notice the many blessings — both big and small — around them, transforming routine moments into opportunities for praise and joy. By writing down what they're thankful for, children learn not only to remember these blessings but also to deepen their trust in God's ongoing care.

We encourage parents, guardians, or teachers to journey alongside the children, fostering discussion and supporting them as they reflect on their blessings. Each day includes reflective questions and journaling prompts to help deepen understanding and personal application.



Get ready to see thankfulness grow as a vital part of your child's spiritual life, creating a strong foundation for joy, resilience, and a lasting relationship with God.





Day 1: ✨ The Gift of Thankfulness



Day 1: 🌟 The Gift of Thankfulness

Your Verse

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

Supporting Scriptures

- *Psalm 107:1 – "Give thanks to the Lord, for he is good; his love endures forever."*
- *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 1: 🌟 The Gift of Thankfulness

Devotional: Why God Wants Us to Be Thankful

Thankfulness is more than just saying "thank you"; it's a way to see the good around us, even when things are hard. The Bible tells us in 1 Thessalonians 5:18 to "give thanks in all circumstances". That means God wants us to be thankful no matter what is happening. Some days it's easy to feel thankful when everything is going well, but other days it might be harder.

When we keep a thankfulness list, we train our hearts to look for blessings—big or small. It can be something like a sunny day, a kind friend, or a yummy meal. Recognizing these helps us remember how much God loves us and cares for us.

Today, try to start your own thankfulness list. Write down three things you're thankful for and thank God for them in prayer. This is a great way to begin discovering how God's love is visible in your life every day.



Day 1: 🌟 The Gift of Thankfulness

Reflect and Apply

1. What are three things you feel thankful for right now?

2. Why do you think God wants us to be thankful even during hard times?

3. How does thanking God change how you feel about difficult days?



Day 1: 🌟 The Gift of Thankfulness

Journaling Prompts

1. Write down three blessings you noticed today.

2. Describe how saying 'thank you' to God makes you feel.

3. Draw a picture of something that makes you feel thankful.



Day 1: 🌟 The Gift of Thankfulness

Prayer for Today

Dear God, thank you for all the wonderful things you give me every day. Help me to see your blessings even when I'm sad or struggling. Teach me to keep a thankful heart and to trust you no matter what happens. Thank you for loving me so much. *Amen.* 🙏🌈❤️📖





Day 2: 🍎 Thankful for Everyday Blessings



Day 2: 🍎 Thankful for Everyday Blessings

Your Verse

Psalm 136:1 - "Give thanks to the Lord, for he is good. His love endures forever."

Supporting Scriptures

- *Psalm 118:24 - "This is the day the Lord has made; let us rejoice and be glad in it."*
- *James 1:17 - "Every good and perfect gift is from above, coming down from the Father of the heavenly lights."*



Day 2: 🍎 Thankful for Everyday Blessings

Devotional: Seeing God's Goodness Every Day

God's goodness shows up in so many ways, every single day. Psalm 136 reminds us that God's love lasts forever, and everything good comes from Him. When we wake up each morning, every day is a gift from God! Sometimes we might get busy and forget to notice the small blessings—the food we eat, our families, our home, or even the air we breathe.

Keeping a thankfulness list helps us see these everyday gifts as something special. When you write down your blessings daily, you remind yourself that God is always good and loves you very much.

Today, pay attention to the little things you might usually overlook. Try to add at least five small blessings to your thankfulness list. It's a fun way to celebrate God's care in your life.



Day 2: 🍎 Thankful for Everyday Blessings

Reflect and Apply

1. What simple things in your day are gifts from God?

2. How does remembering God's love forever help you feel safe?

3. In what ways can you show thanks for everyday blessings?



Day 2: 🍎 Thankful for Everyday Blessings

Journaling Prompts

1. List five small blessings you noticed today.

2. Write a prayer thanking God for one everyday thing you enjoy.

3. Draw a happy face or symbol that shows God's love for you.



Day 2: 🍎 Thankful for Everyday Blessings

Prayer for Today

Lord, thank you for good things I might forget—like my home, food, family, and friends. Help me to remember that every day is a gift from You. Teach me to be thankful for all the big and small blessings in my life. Amen. 🙏🍁💖





Day 3: ❤️ Thankfulness Grows Our Hearts



Day 3: ❤️ Thankfulness Grows Our Hearts

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 extol the Lord at all times; his praise will always be on my lips."*
- *Matthew 5:16 - "Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*



Day 3: ❤️ Thankfulness Grows Our Hearts

Devotional: How Thankfulness Helps Us Trust God

When we bring our worries to God with a thankful heart, something amazing happens. Philippians 4:6 encourages us not to be anxious but to pray and give thanks no matter what is going on. Thankfulness helps grow our trust in God because it reminds us that He hears us and cares deeply.

Keeping a thankfulness list helps us focus on God's goodness instead of our worries. When we remember what God has done for us, it becomes easier to believe He will help us in the tough times too.

Today, think about something that's been worrying you. Write it down, then add at least two things you're thankful for to help your heart feel peaceful and hopeful.



Day 3: ❤️ Thankfulness Grows Our Hearts

Reflect and Apply

1. What worries can you bring to God in prayer today?

2. How does thankfulness change the way you feel about your worries?

3. How can your thankfulness inspire others around you?



Day 3: ❤️ Thankfulness Grows Our Hearts

Journaling Prompts

1. Write about a worry and two blessings to thank God for.

2. Describe a time when being thankful helped you feel better.

3. Draw a heart or light to show how thankfulness grows.



Day 3: ❤️ Thankfulness Grows Our Hearts

Prayer for Today

Dear God, sometimes I feel worried or scared. Please help me remember to bring my worries to You with thanks for the good things in my life. Grow my trust in You and help me share Your love and light with others. Amen. ✨💌





Day 4: 🌈 Thankfulness in Giving



Day 4: 🌈 Thankfulness in Giving

Your Verse

2 Corinthians 9:11 – "You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God."

Supporting Scriptures

- *Acts 20:35 – "It is more blessed to give than to receive."*
- *Proverbs 11:25 – "A generous person will prosper; whoever refreshes others will be refreshed."*



Day 4: 🌈 Thankfulness in Giving

Devotional: Giving Thanks by Sharing with Others

Thankfulness isn't only about words on a list—it's about sharing what we have with others. When we give generously, God's blessings multiply. 2 Corinthians 9:11 tells us that God enriches us so we can give and that our generosity brings thanksgiving to Him.

When children share toys, smiles, time, or kindness, they spread God's love and show thankfulness in a real and joyful way. Giving helps us see just how much God has given us, and by sharing, we become a blessing to others.

Today, think of one way you can share or give to someone else. Maybe it's a kind note, a hug, or helping with a chore. Write it on your thankfulness list and thank God for the chance to bless others.



Day 4: 🌈 Thankfulness in Giving


Reflect and Apply

1. How does giving to others show thankfulness?

2. What are some ways you can be generous with what you have?

3. How does sharing make you feel inside?



Day 4:  Thankfulness in Giving

Journaling Prompts

1. Write about a time you shared something and felt happy.

2. Plan one way to help or share with someone this week.

3. Draw a picture showing you giving or helping a friend.



Day 4: 🌈 Thankfulness in Giving

Prayer for Today

God, thank you for all You have given me. Help me to share and be kind to others so that I can show my thankfulness. Teach me to give joyfully and generously, just like You. Amen. 😊🎁💖🙏





Day 5: ✨ Thankfulness and Joy



Day 5: ✨ Thankfulness and Joy

Your Verse

Psalm 100:1-2 - "Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs."

Supporting Scriptures

- *Nehemiah 8:10 - "The joy of the Lord is your strength."*
- *John 15:11 - "I have told you this so that my joy may be in you and that your joy may be complete."*



Day 5: ✨ Thankfulness and Joy

Devotional: Joy Grows When We Thank God

There's a special kind of joy that comes from being thankful. Psalm 100 calls us to worship God with gladness and joyful songs. When we look at our thankfulness list, we remember how much God loves us and all He has done, which fills our hearts with joy.

Sometimes it's easy to feel happy only when good things happen, but thankfulness helps us find joy even on regular days. The Bible says this joy becomes our strength, helping us stay strong and hopeful no matter what.

Today, add some things that make you feel happy and joyful to your list. Sing a song or say a prayer thanking God for the joy He gives.



Day 5: ✨ Thankfulness and Joy

Reflect and Apply

1. Why does thankfulness bring joy to our hearts?

2. How can you share your joy with others?

3. When was a time you felt strong because of your joy in God?



Day 5: ✨ Thankfulness and Joy

Journaling Prompts

1. Write about a happy memory you're thankful for.

2. Describe how singing or praying about God makes you feel.

3. Draw something that shows joy for you.



Day 5: ✨ Thankfulness and Joy

Prayer for Today

Thank You, Lord, for the joy You give me every day. Help me remember to be thankful so my heart can be full of happiness and strength. Teach me to share this joy with my friends and family. Amen. 😊 🎵 💪 ❤️





Day 6: 🙏 Thankfulness in Prayer



Day 6: 🙏 Thankfulness in Prayer

Your Verse

Colossians 4:2 - "Devote yourselves to prayer, being watchful and thankful."

Supporting Scriptures

- *Philippians 4:6 - "Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."*
- *Psalms 95:2 - "Let us come before him with thanksgiving and extol him with music and song."*



Day 6: 🙏 Thankfulness in Prayer

Devotional: Talking to God with Thanks

Prayer is how we talk with God, and thankfulness makes our prayers special. Colossians 4:2 encourages us to pray with thanks always. When we pray saying thanks first, it helps us remember all God's good gifts and kindness.

Thankfulness in prayer is like filling our conversation with God with love. It helps us focus not only on asking for help but also on praising Him. This balance makes our relationship with God stronger and more joyful.

Today, spend extra time praying. Start by thanking God for at least three things on your thankfulness list before asking Him for anything else.



Day 6: 🙏 Thankfulness in Prayer

Reflect and Apply

1. Why is it important to thank God when you pray?

2. How can thankfulness change your prayers?

3. What are three things you want to thank God for today?



Day 6: 🙏 Thankfulness in Prayer

Journaling Prompts

1. Write a thank-you prayer to God.

2. Describe how you feel when you pray with thanks.

3. Draw a picture of yourself talking to God.



Day 6: 🙏 Thankfulness in Prayer

Prayer for Today

Dear God, thank You for listening when I pray. Help me to always remember to thank You first for all the good things in my life. Teach me to talk to You every day with a grateful heart. Amen. 🙌🙏💬🙏





Day 7: Growing a Thankful Heart



Day 7: 🌱 Growing a Thankful Heart

Your Verse

Luke 17:15-16 - "One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus' feet and thanked him."

Supporting Scriptures

- *Ephesians 5:20 - "Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ."*
- *Psalms 92:1 - "It is good to give thanks to the Lord, to sing praises to your name, O Most High."*



Day 7: 🌱 Growing a Thankful Heart

Devotional: Let Thankfulness Shape Your Life

Jesus taught us through the story of the healed man how important it is to say thank you. Out of ten people healed, only one came back to thank Jesus. That thankful heart made a big difference!

When we keep a thankfulness list, we practice being like that one man—recognizing God's goodness and saying "thank you" often. This habit helps us grow a heart that loves God and sees His work in everything.

Remember, thankfulness is a seed that grows into joy, peace, and a stronger friendship with God. Keep filling your list every day and watch your thankful heart blossom!



Reflect and Apply

1. Why do you think only one healed man returned to thank Jesus?

2. How can keeping a thankfulness list help you remember God's blessings?

3. What changes do you notice in your heart when you practice thankfulness?



Day 7: 🌱 Growing a Thankful Heart

Journaling Prompts

1. Write about a time you felt really thankful to God.

2. Plan how you will keep your thankfulness list going.

3. Draw a seed growing into a big, strong tree representing your thankful heart.



Day 7: 🌱 Growing a Thankful Heart

Prayer for Today

Thank you, Jesus, for teaching me to be thankful. Help me to remember to say thank you every day and to see all the ways You bless me. Grow my heart to love You more with each thankful thought and prayer. Amen. 🌻 🌳 🙏 ❤️





Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 **100k+ Bible Study Plans** on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](https://www.holyjot.com). No spam. No gimmicks. Just God's Word.

Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.
Email us at info@holyjot.com.

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.