



Teaching Children Gratitude: A Journey of Thankfulness



Explore how to teach children gratitude through
God's Word, fostering hearts full of thankfulness
and joy in everyday life.

Table of contents

<u>Introduction</u>	3
<u>Day 1: 🍁 Understanding Gratitude: A Heart Attitude</u>	4
<u>Day 2: ✨ Teaching Thankfulness Through God's Word</u>	10
<u>Day 3: 🍏 Modeling Gratitude in Everyday Life</u>	16
<u>Day 4: 🎨 Creative Ways to Teach Gratitude</u>	22
<u>Day 5: ❤️ Living Thankful Lives Together</u>	28



Introduction

Gratitude is a beautiful attitude that enriches our lives and deepens our relationship with God and others. Teaching children gratitude is one of the most valuable gifts we can give them. In a world filled with distractions and entitlement, cultivating a thankful heart can guide children toward joy, humility, and faithfulness.

By learning to recognize God's blessings in everyday moments, children grow in their ability to appreciate life beyond material things. *Gratitude opens our eyes* to God's provision, kindness, and love—helping children develop a positive view of themselves and others. It also invites them to respond with praise, generosity, and compassion.

This study plan will walk you through Scripture that highlights the value of gratitude. Each day's devotional will focus on practical ways to teach and nurture thankfulness in children, empowering them to see God's hand in all situations. Through reflection, journaling, and prayer, you can help children internalize gratitude as a lifelong habit.

As you engage with this study, remember that teaching gratitude starts by example—your own thankful heart is the greatest lesson of all. Let's embark on this journey to inspire thankful children who know and celebrate God's goodness every day.





Day 1: 🍁 Understanding Gratitude: A Heart Attitude



Day 1: 🍁 Understanding Gratitude: A Heart Attitude

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: 🍎 Understanding Gratitude: A Heart Attitude

Devotional: Gratitude as a Daily Heart Attitude

Gratitude is more than saying 'thank you'; it's a heart attitude that recognizes God's blessings in every situation. Teaching children to be grateful means helping them see the good that God provides daily, whether big or small. Even when life is hard, the Bible calls us to give thanks. This can be challenging for little ones, but by focusing on God's unchanging goodness, children learn that gratitude is a choice and an act of faith.

Begin by encouraging children to notice blessings around them—family, friends, nature, and daily needs met. Share stories from Scripture and your own life about how thankfulness helps us trust God. This day is about planting the seed of gratitude, showing that God's love and care are reasons to rejoice always.



Day 1: 🍎 Understanding Gratitude: A Heart Attitude

Reflect and Apply

1. How can you help children recognize God's blessings in everyday life?

2. Why might it be important to give thanks even during difficult times?

3. In what ways can your own attitude impact the children you teach about gratitude?



Day 1: 🍎 Understanding Gratitude: A Heart Attitude

Journaling Prompts

1. Write about a time you felt truly thankful and why.

2. List five blessings you see around you right now.

3. Describe how you want to help children develop a thankful heart.



Day 1: 🍁 Understanding Gratitude: A Heart Attitude

Prayer for Today

Dear Lord, thank You for the gift of gratitude. Help us to recognize Your blessings, big and small, and to teach children to see Your goodness every day. May our hearts choose thankfulness even when it's hard. Guide us with Your peace and joy, so that through us, children learn to praise You and trust Your perfect love. *Thank You for Your endless grace.* Amen. 🙏 🍁 ❤️ 📖





Day 2: ✨ Teaching Thankfulness Through God's Word



Day 2: ✨ Teaching Thankfulness Through God's Word

Your Verse

Psalms 100:4 - "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."

Supporting Scriptures

- *Ephesians 5:20 - "Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ."*
- *Philippians 4:6 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*



Day 2: ✨ Teaching Thankfulness Through God's Word

Devotional: Using Scripture to Foster Thankfulness

God's Word is a powerful tool for teaching gratitude to children. The Psalms encourage us to approach God with thanksgiving and praise. When children learn to express gratitude through Scripture, their hearts align with God's truth. Introducing simple verses lets them praise God and see that gratitude is a natural part of worship.

Encourage children to memorize short verses about thankfulness. Discuss what these verses mean and how they can be lived out each day. For instance, when children face worries, Philippians 4:6 teaches them to bring those concerns to God with thankful hearts. This practice builds trust and helps them experience peace.

Reading and praying Scripture together models faith and gratitude, making God's Word a living guide for thankful living.



Day 2: ✨ Teaching Thankfulness Through God's Word

Reflect and Apply

1. Which Scripture verses about gratitude resonate most with you and why?

2. How can memorizing verses help children develop a thankful heart?

3. What are some ways you can incorporate Scripture about gratitude in daily life?



Day 2: ✨ Teaching Thankfulness Through God's Word

Journaling Prompts

1. Write your favorite Bible verse about thankfulness and what it means to you.

2. Describe a simple way you can teach a child to thank God today.

3. Reflect on a prayer where you expressed gratitude and how it made you feel.



Day 2: ✨ Teaching Thankfulness Through God's Word

Prayer for Today

Heavenly Father, Your Word is a treasure that teaches us how to be grateful. Help us to share Your words of thanksgiving with children, so they may learn to praise You from their hearts. When worries come, remind them and us to turn to You with thankful prayers, trusting Your care. Fill our homes and hearts with Your peace and joy today and always. In Jesus' name, Amen. 📖





Day 3: 🍏 Modeling Gratitude in Everyday Life



Day 3: 🍎 Modeling Gratitude in Everyday Life

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

- *Proverbs 22:6 - "Start children off on the way they should go, and even when they are old they will not turn from it."*
- *Matthew 5:16 - "Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*



Day 3: 🍎 Modeling Gratitude in Everyday Life

Devotional: Walking the Talk: Showing Thanks by Example

Children learn best by watching the adults around them. Modeling gratitude in daily routines shows children how to live thankfully. Jesus praised God publicly when He was healed, setting an example of heartfelt gratitude. Similarly, your actions teach children far more than words alone.

Take opportunities to verbalize thanks throughout the day—at meals, during play, or after acts of kindness. Let children hear you thank God for protection, provision, and people. This consistent practice plants gratitude deeply in their hearts.

Remember Proverbs 22:6 encourages us to guide children early, so they carry these habits into adulthood. Shining your thankful light also points children to glorify God, nurturing their faith and joy.



Day 3: 🍎 Modeling Gratitude in Everyday Life

Reflect and Apply

1. What are some ways you naturally express gratitude in front of children?

2. How can modeling thankfulness influence a child's faith journey?

3. Are there daily moments you can turn into teachable times for gratitude?



Day 3: 🍎 Modeling Gratitude in Everyday Life

Journaling Prompts

1. Journal a list of ways you show gratitude to God each day.

2. Describe a moment when a child observed your thankful heart.

3. Reflect on how your example has impacted someone's attitude towards gratitude.



Day 3: 🍎 Modeling Gratitude in Everyday Life

Prayer for Today

Lord Jesus, help us to be living examples of Your love and gratitude. Teach us to express thanks openly, so that children see and learn to praise You with joy. Give us eyes to notice everyday blessings and mouths that thank You continually. May our lives shine brightly, leading little ones closer to You.

Amen. 🙏 🙌 🍎 ✨





Day 4: 🎨 Creative Ways to Teach Gratitude



Day 4: 🧠 Creative Ways to Teach Gratitude

Your Verse

Psalm 95:2 – "Let us come before him with thanksgiving and extol him with music and song."

Supporting Scriptures

- *Deuteronomy 6:6-7 – "Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up."*
- *Isaiah 12:5 – "Sing to the LORD, for he has done glorious things; let this be known to all the world."*



Day 4: 🎨 Creative Ways to Teach Gratitude

Devotional: Engaging Children Through Creative Gratitude

Teaching gratitude can be fun and engaging by using creative activities.

Children learn best when they experience thanksgiving through music, art, and stories. Psalm 95 encourages us to come before God with joyful songs, which can be simple hymns, clapping, or movement songs about thankfulness.

Try incorporating gratitude journals, where children can draw or write what they are thankful for daily. Storytelling using biblical examples of gratitude also helps them internalize these truths in a memorable way.

Deuteronomy reminds us to discuss God's truths continually. Creative expressions make these lessons stick. Singing, acting out stories, or making thankfulness crafts can open children's hearts to a genuine love for God and others.



Day 4: 🧠 Creative Ways to Teach Gratitude

Reflect and Apply

1. What creative activities help you express gratitude?

2. How can you adapt these activities to teach children thanksgiving?

3. In what ways can storytelling about gratitude deepen a child's faith?



Day 4: 🧠 Creative Ways to Teach Gratitude

Journaling Prompts

1. List your favorite songs or arts that celebrate thankfulness.

2. Plan a simple creative activity to do with children about gratitude.

3. Write a short story about a biblical character showing thankfulness.



Day 4: 🎨 Creative Ways to Teach Gratitude

Prayer for Today

Father God, inspire us with creative ideas to teach Your children about gratitude. May our songs, stories, and crafts come alive with Your Spirit, helping little hearts understand and love thankfulness. Encourage us to keep Your Word on our lips at all times, shaping children to honor You joyfully. Thank You for Your endless gifts. Amen. 🎵 🎨 🙏 📖





Day 5: ❤️ Living Thankful Lives Together



Day 5: ❤️ Living Thankful Lives Together

Your Verse

Hebrews 13:15 - "Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name."

Supporting Scriptures

- *Romans 12:10 - "Be devoted to one another in love. Honor one another above yourselves."*
- *1 Chronicles 16:34 - "Give thanks to the LORD, for he is good; his love endures forever."*



Day 5:  Living Thankful Lives Together


Devotional: Building a Community of Grateful Hearts

Gratitude grows strongest in community and shared worship. Teaching children to live thankful lives involves encouraging them to express praise together with family, friends, and church. Hebrews calls us to continually offer praise as a sacrifice, showing that gratitude is an ongoing lifestyle, not just a moment.

Encourage children to thank others, showing love and honor in their relationships. Teaching appreciation for people reflects God's love and enriches their social and spiritual growth.

Remember that God's enduring love is the foundation of our gratitude. Living thankful lives together creates a joyful atmosphere where faith is nurtured and God is glorified.



Day 5:  Living Thankful Lives Together


Reflect and Apply

1. How does expressing gratitude together strengthen faith and relationships?

2. What are ways children can honor and thank others around them?

3. How can you cultivate a thankful community in your family or group?



Day 5:  Living Thankful Lives Together

Journaling Prompts

1. Write about a time gratitude brought people closer together.

2. List ways you and your family can practice thankfulness together.

3. Reflect on how God's love motivates you to live gratefully.



Day 5: ❤️ Living Thankful Lives Together

Prayer for Today

Gracious God, thank You for Your unfailing love that inspires our gratitude. Help us build communities where thankfulness is shared and grown. Teach our children to honor and love one another as reflections of Your kindness. May our lives be constant praise to You—holy and joyful. Unite us in thanksgiving today and always. 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](#). 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.