When someone helps you, do you remember to say, "Thank You!" Saying thank you is important.

One of the keys to determination—to sticking with something to the end—is thankfulness. Why? Because God has already done the most amazing thing ever by sending His only Son Jesus. Following God isn't just about doing the right thing so we can be seen as "good." Following God and obeying Him is a big way we show Him that we love and trust Him. When we live the way God wants us to live, we are showing gratitude for all He's done for us by sending Jesus.

So let's practice! Think of one way you can thank God (besides just saying "Thank you"). You could write God a song or poem. You could thank God by choosing to do one thing tomorrow that He's asked you to do that's really hard for you. Let's thank God for the determination He gives us to keep going!