Gratitude has been found to increase prosociality and enhance psychological resources, such as resilience. We hypothesized that gratitude both increases the likelihood of engaging in a helping behavior and promotes resilience when facing setbacks during that helping behavior. Participants (N = 362) were randomly assigned to write a gratitude letter or describe their living room. We then measured the helping behavior based on whether participants clicked the feedback survey link for the study. If participants chose to complete the feedback survey, a staged submission error message appeared to facilitate a setback in the helping behavior. Participants were given the option to either attempt to resubmit the form (up to three times) or exit the feedback survey. Both groups showed relatively high and indistinguishable levels of gratitude (Mcontrol=5.49, Mgratitude= 5.48). Nevertheless, the results indicated that participants with higher levels of gratitude had higher odds of engaging in the helping behavior. Interestingly, participants in the gratitude group had lower odds in making more attempts to resubmit the survey compared to the control group. Therefore, we were added to the growing evidence of gratitude having a positive association with helping behaviors, but we were could not conclude whether gratitude increased resilience due to the virtually identical level of gratitude across the groups.