

Gratitude Challenge

Day 1

Psalm 9:1 I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds.

Commit to whole hearted thankfulness of God. Recount 1 thing He has done for you in your life and give thanks.

Day 2

Psalm 35:18 I will thank you in the great congregation; in the mighty throng I will praise you.

Commit to being in church this Sunday with an attitude of thanks.

Day 3

Psalm 30:4 Sing praises to the Lord, O you his saints, and give thanks to his holy name.

Listen to one song in particular that stirs your heart to thankfulness in Jesus.

Day 4

Psalm 44:8 In God we have boasted continually, and we will give thanks to your name forever.

Ask someone else (in person, text, call, FaceTime, email) something they are thankful to God for. Express (boast) what you are thankful to God for.

Day 5

Hebrews 12:28 Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe,

Express thanks for being brought into the kingdom of Jesus by grace through faith. Thank Him for the eternal kingdom that never shakes.

Day 6

Psalm 52:9 I will thank you forever, because you have done it. I will wait for your name, for it is good, in the presence of the godly.

Express to God a situation in which you are waiting; give thanks placing confidence in His timing and wisdom to know what is best for you.

Day 7

Psalm 54:6 With a freewill offering I will sacrifice to you; I will give thanks to your name, O Lord, for it is good.

Express generosity in a creative way to the Lord. Thank Him for providing the opportunity no matter the size of your generosity.

Day 8

1 Corinthians 1:4 I give thanks to my God always for you because of the grace of God that was given you in Christ Jesus.

Write a thank you text, card, or email to someone.

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Day 9

Romans 1:8 First, I thank my God through Jesus Christ for all of you, because your faith is proclaimed in all the world.

Express thanks to someone at your church.

Day 10

Psalm 75:1 We give thanks to you, O God; we give thanks, for your name is near. We recount your wondrous deeds.

Express thanks to God for 5 specific things God has done for you.

Day 11

Romans 16:3-4 Greet Prisca and Aquila, my fellow workers in Christ Jesus, who risked their necks for my life, to whom not only I give thanks but all the churches of the Gentiles give thanks as well.

Express thanks to someone in your life who has gone above and beyond.

Day 12

1 Corinthians 15:57 But thanks be to God, who gives us the victory through our Lord Jesus Christ.

Express your thanks to Jesus for what the cross and empty tomb have meant and give to you.

Day 13

Ephesians 1:16 I do not cease to give thanks for you, remembering you in my prayers.

Thank God for a specific person(s) in your life. Share that prayer of thanks with them.

Day 14

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

Find a way to serve or bless someone else today, while thanking God and doing it for Him.

Day 15

1 Thessalonians 5:18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Thank God for his goodness in a difficult area of your life.

Day 16

2 Thessalonians 1:3 We ought always to give thanks to God for you, brothers as is right, because your faith is growing abundantly, and the love of every one of you for one another is increasing.

Express your thanks to a teenager in your church for coming to church and growing in the Lord. Thank God for them and pray for them by name.

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Day 17

2 Corinthians 1:11 You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us through the prayers of many.

Thank God for hearing us when we pray and acting in His wisdom and grace.

Day 18

Philippians 4:6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Talk to God about a specific area of your life in which you are tempted to worry. Place that area or need under the loving control of God.

Day 19

Psalms 56:12 I must perform my vows to you, O God; I will render thank offerings to you.

Give thanks to the Lord for your pantry and fridge. Invite someone over for a meal or pay for someone's meal.

Day 20

Psalms 79:13 But we your people, the sheep of your pasture, will give thanks to you forever; from generation to generation we will recount your praise.

Thank God for a person who helped you become a Christian or grow as a Christian.

Day 21

Philemon 4 I thank my God always when I remember you in my prayers.

Thank God for a different person in your life, praying for them, and messaging thanks to them.

Day 22

Psalms 97:12 Rejoice in the Lord, O you righteous, and give thanks to his holy name!

Pray to the Lord and thank him for qualities that are found in God the Father, Son, and Holy Spirit.

Day 23

Psalms 100:4 Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!

Worship corporately at your church this Sunday, trying to be thankful in each and every piece of the service.

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Day 24

Philippians 4:11 Not that I am speaking of being in need, for I have learned in whatever situation I am to be content.

Thank God for the numerous material blessings you have in life; especially thank him for those which you are most likely not content with.

Day 25

1 Timothy 1:12 I thank him who has given me strength, Christ Jesus our Lord, because he judged me faithful, appointing me to his service.

Thank God for the strength he has given to you and the ability to serve him and others.

Day 26

Psalms 105:1 Oh give thanks to the Lord; call upon his name; make known his deeds among the peoples!

Share with someone something you are thankful for about God. Ask them something they are thankful for.

Day 27

Psalms 106:1 Praise the Lord! Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!

Thank God for his unchanging, humble, sacrificial love, displayed to you.

Day 28

Romans 14:6 The one who observes the day, observes it in honor of the Lord. The one who eats, eats in honor of the Lord, since he gives thanks to God, while the one who abstains, abstains in honor of the Lord and gives thanks to God.

In whatever way you celebrate and whatever your table looks like; give thanks to the Lord for all that you have. Thank Him for the imperfections and direct goodness to His name.

Day 29

2 Corinthians 9:15 Thanks be to God for his inexpressible gift!

Thank Jesus that no gift, deal, finances, or freebies could ever come close to His goodness.

Day 30

Revelation 7:12 saying, Amen! Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God forever and ever! Amen.

Gives thanks to God who owns everything. Thank Him for as many things as you can right now. Give thanks and praise Him for His glory, honor, wisdom and might. Ask God to be most happy in Him.