



30 Days of Thankfulness



Scripture Challenge

Spend the next 30 days reading one verse a day about gratitude and reflecting on God's goodness. Write what you're thankful for and one way you could show thankfulness in action!

1. Psalm 100:4 – Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.
2. 1 Thessalonians 5:18 – In every thing give thanks: for this is the will of God in Christ Jesus concerning you.
3. Colossians 3:15 – And let the peace of God rule in your hearts... and be ye thankful.
4. Colossians 3:17 – And whatsoever ye do... do all in the name of the Lord Jesus, giving thanks to God.
5. Psalm 136:1 – O give thanks unto the Lord; for he is good: for his mercy endureth for ever.
6. Ephesians 5:20 – Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ.
7. Psalm 107:1 – O give thanks unto the Lord, for he is good: for his mercy endureth for ever.
8. Psalm 9:1 – I will praise thee, O Lord, with my whole heart; I will shew forth all thy marvellous works.
9. Psalm 118:29 – O give thanks unto the Lord; for he is good: for his mercy endureth for ever.
10. Philippians 4:6 – Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.
11. 1 Chronicles 16:34 – O give thanks unto the Lord; for he is good; for his mercy endureth for ever.
12. James 1:17 – Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.
13. Psalm 28:7 – The Lord is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.
14. Psalm 92:1 – It is a good thing to give thanks unto the Lord, and to sing praises unto thy name, O most High.





15. Colossians 2:7 – Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.
16. Psalm 50:14 – Offer unto God thanksgiving; and pay thy vows unto the most High.
17. Psalm 30:12 – To the end that my glory may sing praise to thee, and not be silent. O Lord my God, I will give thanks unto thee for ever.
18. Hebrews 13:15 – By him therefore let us offer the sacrifice of praise to God continually... giving thanks to his name.
19. Psalm 103:2 – Bless the Lord, O my soul, and forget not all his benefits.
20. Jonah 2:9 – But I will sacrifice unto thee with the voice of thanksgiving.
21. Psalm 69:30 – I will praise the name of God with a song, and will magnify him with thanksgiving.
22. Psalm 116:17 – I will offer to thee the sacrifice of thanksgiving, and will call upon the name of the Lord.
23. Psalm 26:7 – That I may publish with the voice of thanksgiving, and tell of all thy wondrous works.
24. Daniel 2:23 – I thank thee, and praise thee, O thou God of my fathers...
25. 1 Chronicles 29:13 – Now therefore, our God, we thank thee, and praise thy glorious name.
26. Psalm 75:1 – Unto thee, O God, do we give thanks, unto thee do we give thanks.
27. 2 Corinthians 9:15 – Thanks be unto God for his unspeakable gift.
28. Isaiah 12:4-5 – And in that day shall ye say, Praise the Lord, call upon his name, declare his doings among the people, make mention that his name is exalted. Sing unto the Lord; for he hath done excellent things: this is known in all the earth.
29. Psalm 136:26 – O give thanks unto the God of heaven: for his mercy endureth for ever.
30. Revelation 7:12 – Saying, Amen: Blessing, and glory, and wisdom, and thanksgiving, and honour, and power, and might, be unto our God for ever and ever. Amen.



Reflective Prompt

Day _____:

• Today's verse: _____

• I'm thankful for: _____

• One way I can show thankfulness today: _____

• Verse Reflection: What does today's verse teach me about gratitude? _____

• Blessing I Notice Today: _____

• Action Step: How can I share this thankfulness with someone else today? _____

Day _____:

• Today's verse: _____

• I'm thankful for: _____

• One way I can show thankfulness today: _____

• Verse Reflection: What does today's verse teach me about gratitude? _____

• Blessing I Notice Today: _____

• Action Step: How can I share this thankfulness with someone else today? _____

