

30 Day Gratitude Challenge

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1. 1 Chronicles 16:31-34. Start a gratitude journal.
2. Psalm 9:1. Every day write down 3 things you are thankful for.
3. Psalm 28:7. Write a thank you note to someone you appreciate.
4. Psalm 34:1. Thank your pastor for his hard work.
5. Psalm 95:2. Send happy mail to someone today.
6. Psalm 100. Read this Psalm aloud and speak it to God.
7. Psalm 103:1-5. List 5 things you're thankful for about your family.
8. Psalm 107:1-2. Spend 5 minutes reading & meditating on the verse.
9. Psalm 118:1-8. Go outside and get sunshine on your face.
10. Psalm 136. Tell someone you love them today. Tell them why.
11. Isaiah 51:3. Do a random act of kindness.
12. Lamentations 3:22-24. Turn up the praise music & thank God.
13. Matthew 26:26-27. Write 3 things you're thankful for about your calling.
14. Romans 7:25a. Concentrate on smiling today!
15. 1 Corinthians 15:57. Take a friend to lunch or coffee.
16. 2 Corinthians 9:15. Cheer on someone else's achievements out loud.
17. Ephesians 2:8. List 5 things from 2017 that you're thankful for.
18. Philippians 1:3. Close your eyes, take 7 deep breaths, smell favorite oil.
19. Philippians 4:6-7. Send thank you notes to co-workers or church staff.
20. Philippians 4:12-13. Go on a walk and count your blessings as you walk.
21. Colossians 2:7. Bake a favorite treat and share with a neighbor.
22. Colossians 3:15. Call someone just to say thank you.
23. Colossians 3:16. List 5 things about this season in life you're thankful for.
24. Colossians 3:17. Name your favorite attribute of God and tell Him.
25. Colossians 4:2. Purchase flowers for your table and for a friend.
26. 1 Thessalonians 5:18. Call a parent or grandparent to say thank you.
27. Hebrews 12:28-29. Turn up the music and have a dance party.
28. James 1:17. Turn on your diffuser, open your Bible and be still.
29. Revelation 7:12. Write a letter to God thanking Him for the gift of salvation.
30. Revelation 11:17. Read & reflect over your gratitude journal for the month.