



Thirty Days of Gratitude Challenge

Week One

*Rejoice always, pray continually, give thanks in all circumstances;
for this is God's will for you in Christ Jesus.*

1 Thessalonians 5:16-18

November 1st

Who is one person who has influenced your life in a positive way? What did you learn from them? Where might you be had you not met them? What are you most grateful for about them? How are you continuing to spread their positive influence to others?

November 2nd

What is one hurdle or obstacle that you are grateful for? In what way(s) did it encourage you to grow? How did it shape you? What did it teach you?

November 3rd

What has been the biggest blessing in your life? How did you feel when you received this blessing? How do you continue to feel about it today? Take the time to reflect in depth about how this blessing has directed your life and how life may have been different had you not received this blessing.

November 4th

What is your biggest accomplishment? How did you achieve this? What God-given strengths did you use to succeed and to overcome obstacles?

November 5th

Write a letter to 2 people who you are thankful to have in your life. Explain to them what qualities they have that you admire, how they make you feel, and why you are grateful for them. Encourage them to write a letter to 2 of their family members or friends.

November 6th

What is one thing you've done that you are thankful you've been forgiven for by a stranger, acquaintance, friend, or family? How did it feel to be forgiven? What did you learn from the situation? Is there anyone in your life currently who you can forgive?

November 7th

Who is someone you've never met, who has helped your life in some way? How might you be helping others who have never met you?

Week Two

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:17

November 8th

List 3-5 of the qualities you are thankful to possess. How do they impact your life? In what ways do you use them on a daily or weekly basis?

November 9th

What are you most looking forward to in the next month or two? What are you looking forward to about it? What emotions do you feel when you think about it?

November 10th

What are you most grateful for about where you live? What are your favorite things to do/see there? How would you describe it to others who have not been there or seen these things?

November 11th

What aspect of your health are you most grateful for today? What does that aspect allow you to do/see/smell/hear, etc? How would life be different without this aspect of your health?

November 12th

Write about a time when you felt free and unburdened. Brainstorm how you can cultivate that feeling again, even for a brief period of time.

November 13th

What are 10 things you take for granted that others may not have/be able to access? How do these things improve your life?

November 14th

Describe, as detailed as possible, a recent "great day" that you've had. Who were you with? What were you doing? What did you see/hear/smell/touch? How did you feel?

Week Three

Let us come before him with thanksgiving and extol him with music and song. For the LORD is the great God, the great King above all gods.

Psalms 95:2-3

November 15th

What are five "things" (they don't need to be tangible) that you have now that you did not have 5 years ago? Describe how they impact your life for the better.

November 16th

Write a letter to a friend or family member with your favorite scripture or quotation. Explain why you are drawn to these words.

November 17th

Write about a challenging person in your life (i.e. someone you frequently disagree with) and the qualities you like about this person.

November 18th

What do you love most about the current season? What sets it apart from other seasons?

November 19th

What is one way that you are better today than you were one year ago? What happened to you, for you, or through you that helped you get here?

November 20th

What are the things you used today that you usually take for granted? How did they make your life easier or better?

November 21st

Write a letter to a friend or family member who taught you a valuable lesson. Explain to them why you appreciate it and how you continue to live out this lesson.

Week Four

*For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God.
Ephesians 2:8*

November 22nd

What is one God-given talent that you've been blessed with? When did you first realize this talent? How do you continue to use this talent today? What doors has it opened for you?

November 23rd

Write about one person who you believe you've made smile (or have somehow positively impacted their life) in the last day or two. What did you do, and how did they react?

November 24th

What is one thing you love about your daily schedule? What do you most look forward to in your day? Describe what it is, how it makes you feel, and why you love it.

November 25th

Describe your favorite childhood memory in as much detail as possible.

November 26th

What is one thing that you've learned about yourself over the past 25 days of this challenge? How do you feel? How will you continue to keep gratitude a part of your daily routine?

November 27th

Write a letter to a friend or family member who has been on your mind. Share how you miss them and encourage/plan a get-together, if possible.

November 28th

Write one of your favorite uplifting scriptures or quotations and how it has impacted your life. If you're feeling up to it, share it on your social media page to encourage others.

Week Five

*I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds.
Psalm 9:1*

November 29th

What is one thing that you have learned in the last year that has drastically impacted your life in a positive way? How can you help others to learn this, as well? How would the world be different if everyone learned/knew this?

November 30th

Write about what the love of Christ means to you. How does knowing His love for you impact your life on a day to day basis?

Reflection

Congratulations! You've completed 30 days of gratitude. How do you feel? What have you learned about yourself or others over the past 30 days?
