

## CHALLENGE

# 30 DAYS OF THANKFULNESS



## GIVE THANKS

- DAY 1** | It's time to give thanks! Post 1 Thess. 5:18 somewhere you'll see it. Bonus: Memorize it!
- DAY 2** | Read Psa. 92:1-5. Listen to a song about giving thanks or being grateful. Bonus: Share it!
- DAY 3** | Share a verse with someone:  
1 Chron. 16:8, Heb. 13:15, Psa. 50:14, Psa. 75:1
- DAY 4** | Read Psa. 30:11-12. Write 10 things you're grateful for. Tell God thanks for each of them.
- DAY 5** | Find more reasons to give thanks: 1 Chron. 16:34, 1 Cor. 15:57, 1 Thess. 2:13, 1 Tim. 1:12
- DAY 6** | Before you pray, read Phi. 4:4-8 and take time to give God thanks with every request.
- DAY 7** | Read 1 Thess. 1:2-3. Pray for someone who's been a blessing in your life then express your gratitude to them.