
30 Days of
THANKS
A 30-Day Journey Towards Gratitude
wfrn

Our prayer...

We pray that this 30 day journey will bring you to a place of gratitude and thanksgiving; a place of peace and rest.

We encourage you to **read** the daily Scripture, **write** down whatever is on your heart and mind to be thankful for, and then **pray** your way through your list.

Read. Write. Pray.

While you don't have to be specific in what you write down (it can be as easy as a list), we think you'll find the most joy and peace in praying very specifically over the items you write down.

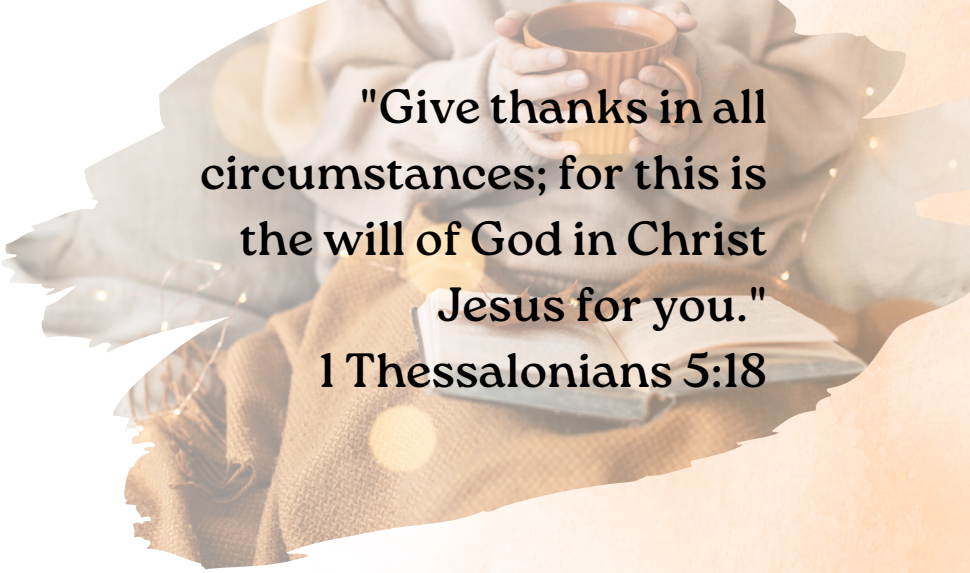
Repeat.

There is power in repetition. If you can stick with us for 30 days, we're sure you'll have a new, healthy habit in the end. Are you ready to get your gratitude on?

Let's go!

DAY 1

Read.
Write.
Pray.

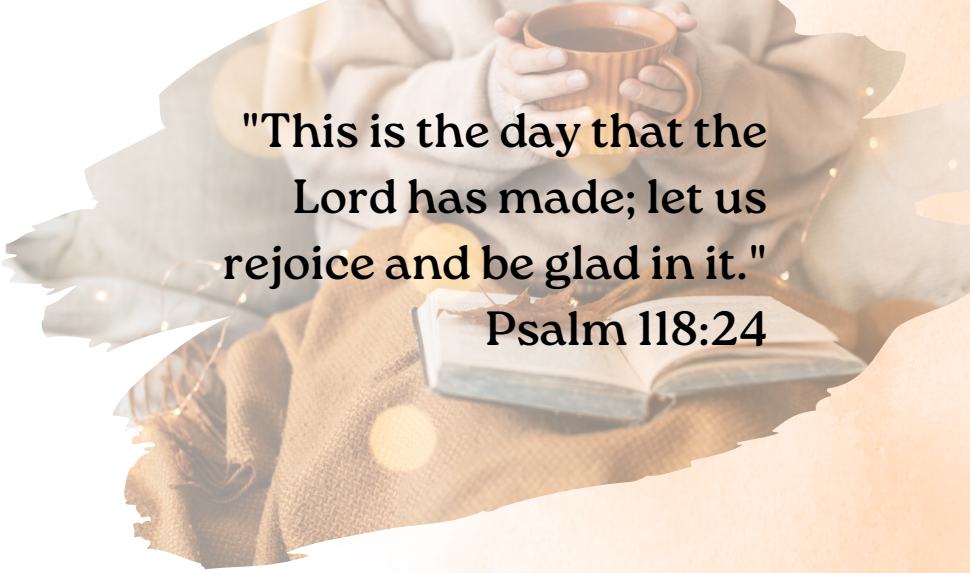


"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."
1 Thessalonians 5:18

today I'm thankful for...

DAY 2

Read.
Write.
Pray.

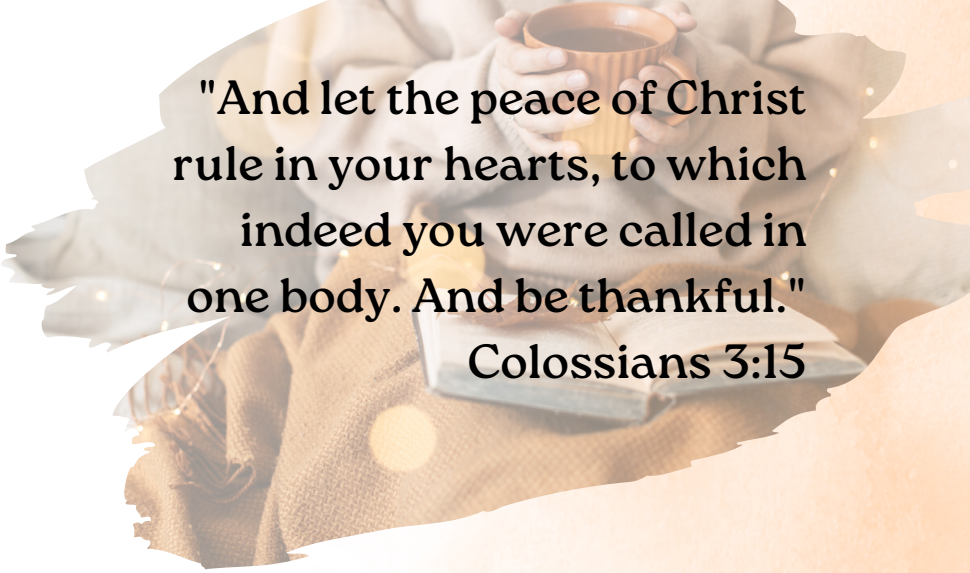


"This is the day that the Lord has made; let us rejoice and be glad in it."
Psalm 118:24

today I'm thankful for...

DAY 3

Read.
Write.
Pray.



"And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful."
Colossians 3:15

today I'm thankful for...

DAY 4

Read.
Write.
Pray.



"Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!"
Psalm 107:1

today I'm thankful for...

DAY 5

Read.
Write.
Pray.



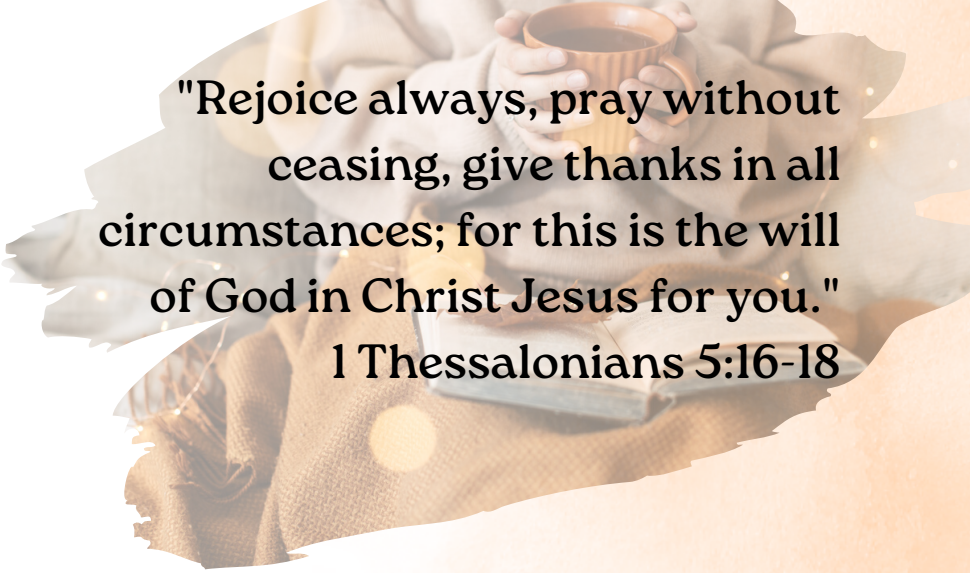
"For where your treasure is,
there your heart will be also."
Matthew 6:21

today I'm thankful for...

30 Days of
THANKS

DAY 6

Read.
Write.
Pray.



"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."
1 Thessalonians 5:16-18

today I'm thankful for...

DAY 7

Read.
Write.
Pray.

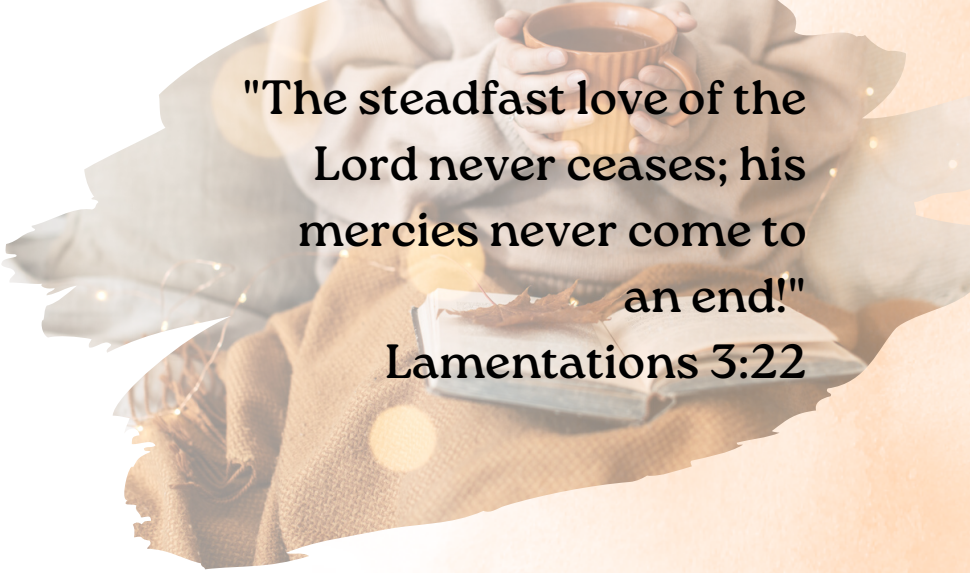


"Bless the Lord, O my soul, and forget not all his benefits!"
Psalm 103:2

today I'm thankful for...

DAY 8

Read.
Write.
Pray.

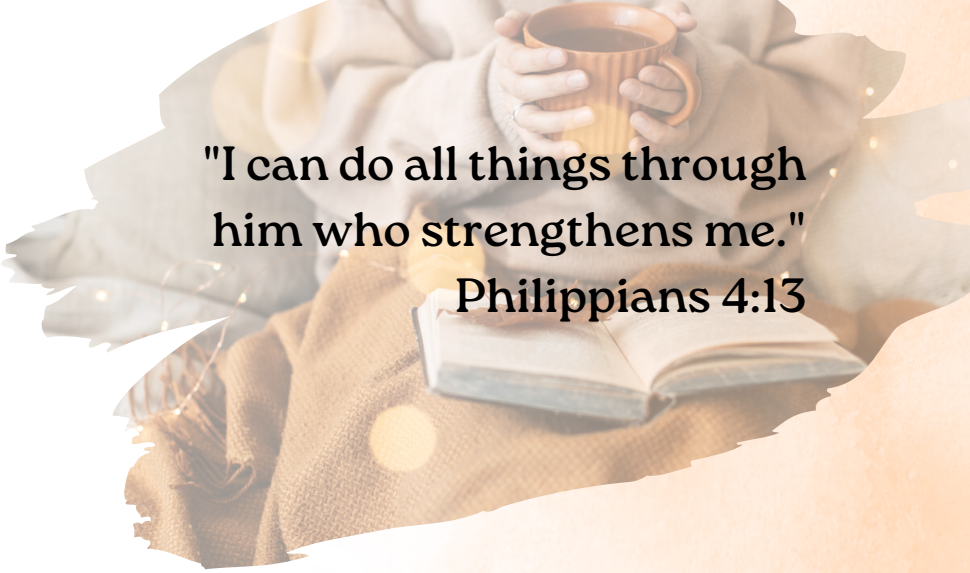


"The steadfast love of the Lord never ceases; his mercies never come to an end!"
Lamentations 3:22

today I'm thankful for...

DAY 9

Read.
Write.
Pray.



"I can do all things through him who strengthens me."
Philippians 4:13

today I'm thankful for...

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DAY 10

Read.
Write.
Pray.

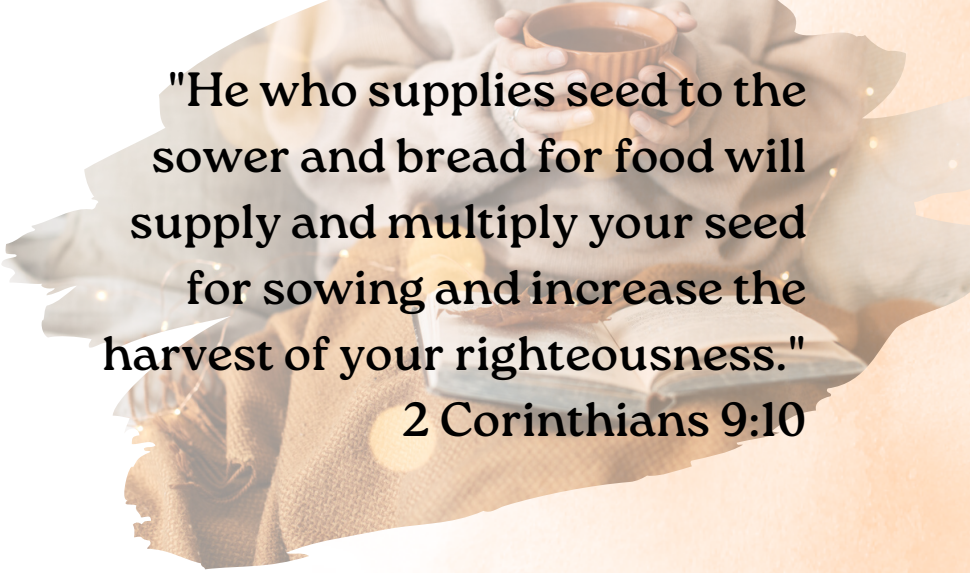


"Come to me, all who labor and are heavy laden, and I will give you rest."
Matthew 11:28

today I'm thankful for...

DAY 11

Read.
Write.
Pray.



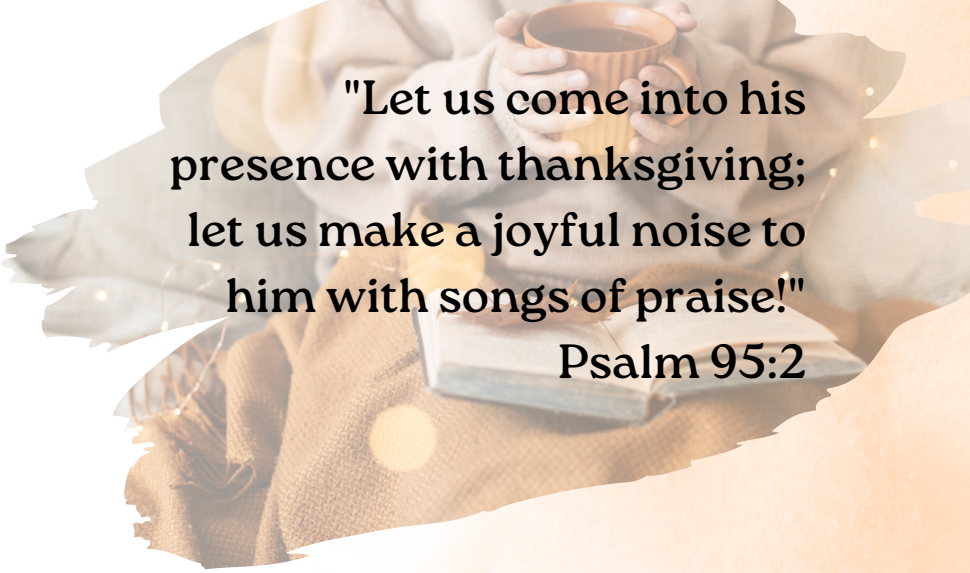
"He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness."
2 Corinthians 9:10

today I'm thankful for...

30 Days of THANKS

DAY 12

Read.
Write.
Pray.

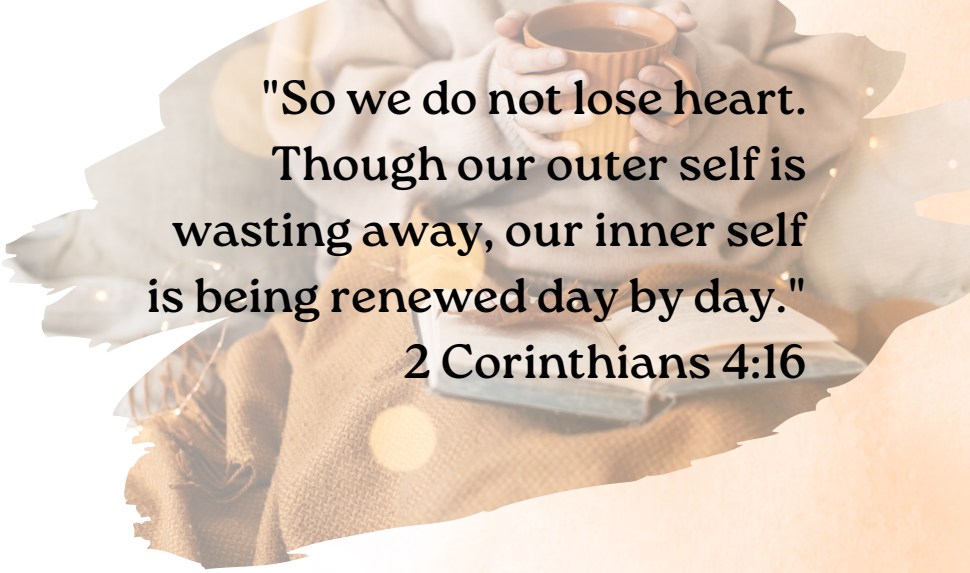


"Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!"
Psalm 95:2

today I'm thankful for...

DAY 13

Read.
Write.
Pray.

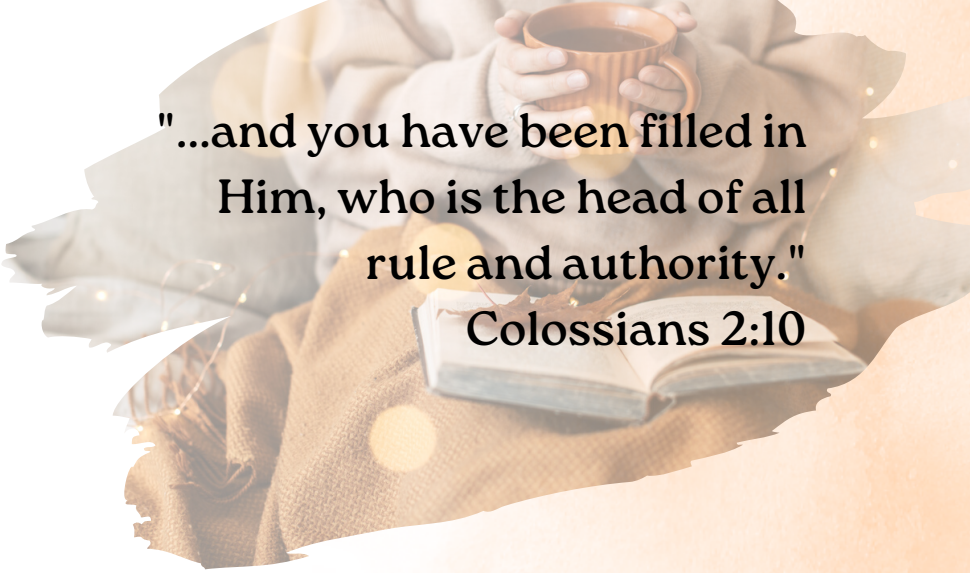


"So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day."
2 Corinthians 4:16

today I'm thankful for...

DAY 14

Read.
Write.
Pray.

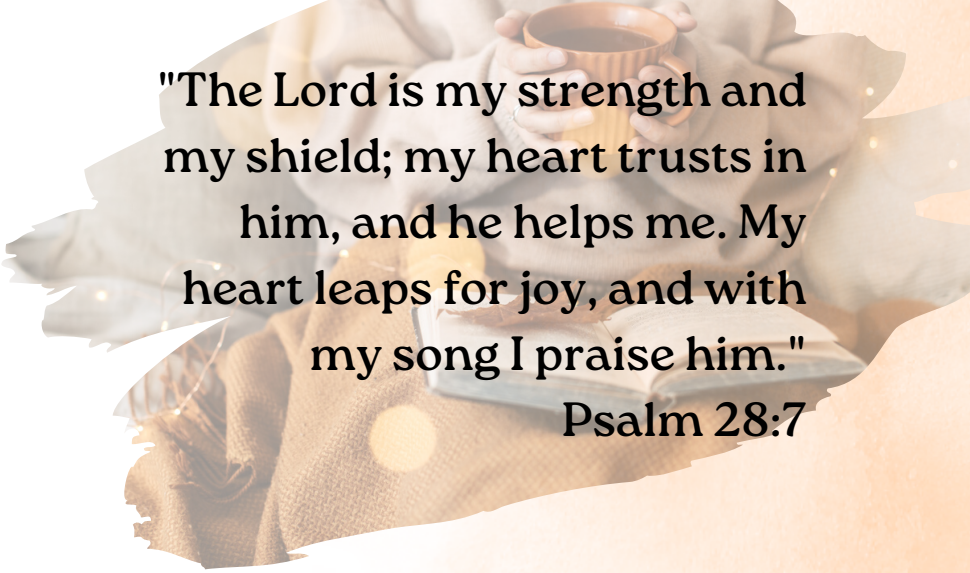


"...and you have been filled in Him, who is the head of all rule and authority."
Colossians 2:10

today I'm thankful for...

DAY 15

Read.
Write.
Pray.

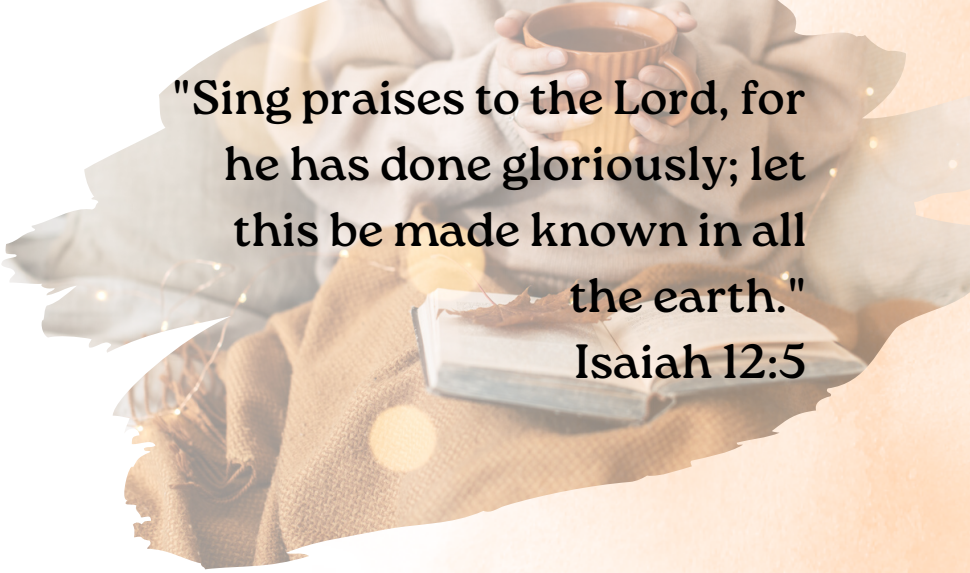


"The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him."
Psalm 28:7

today I'm thankful for...

DAY 16

Read.
Write.
Pray.

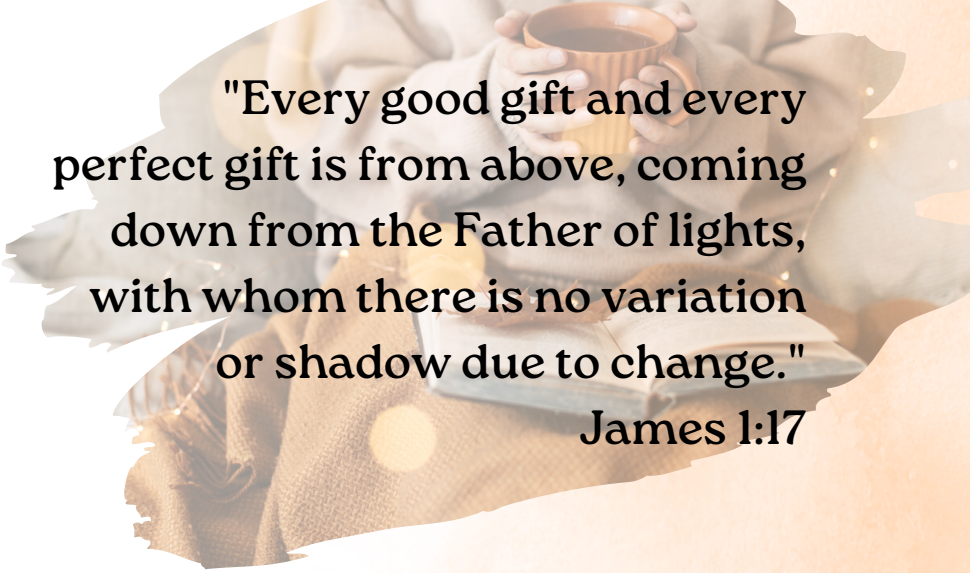


"Sing praises to the Lord, for he has done gloriously; let this be made known in all the earth."
Isaiah 12:5

today I'm thankful for...

DAY 17

Read.
Write.
Pray.

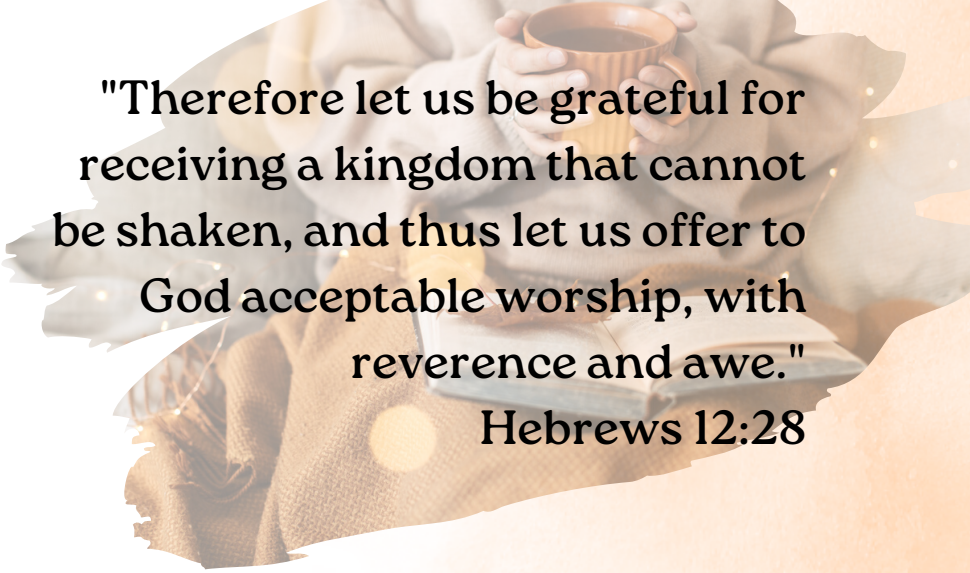


"Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change."
James 1:17

today I'm thankful for...

DAY 18

Read.
Write.
Pray.



"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."
Hebrews 12:28

today I'm thankful for...

DAY 19

Read.
Write.
Pray.

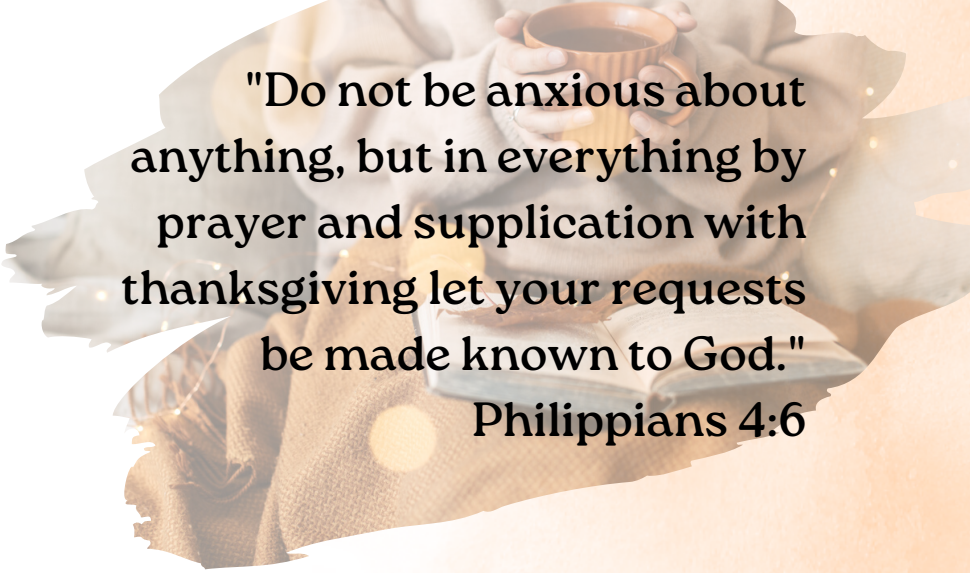


"Rejoice in the Lord always;
again I will say, rejoice!"
Philippians 4:4

today I'm thankful for...

DAY 20

Read.
Write.
Pray.

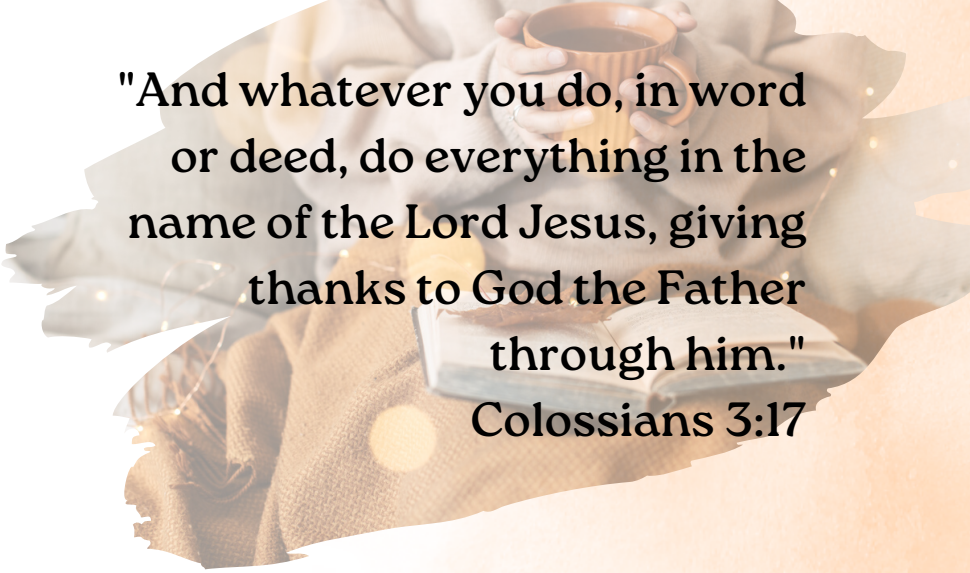


"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."
Philippians 4:6

today I'm thankful for...

DAY 21

Read.
Write.
Pray.

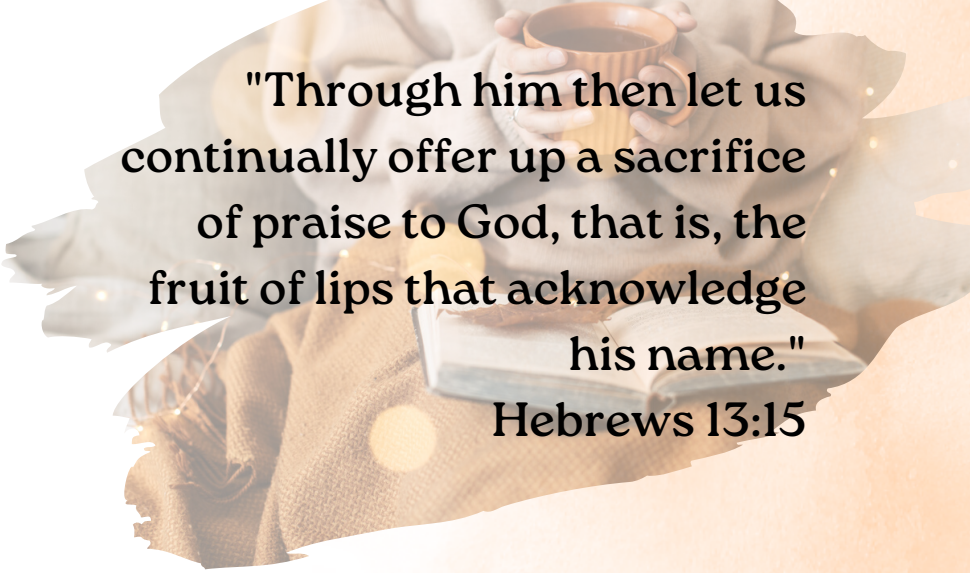


"And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him."
Colossians 3:17

today I'm thankful for...

DAY 22

Read.
Write.
Pray.



"Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name."
Hebrews 13:15

today I'm thankful for...

DAY 23

Read.
Write.
Pray.

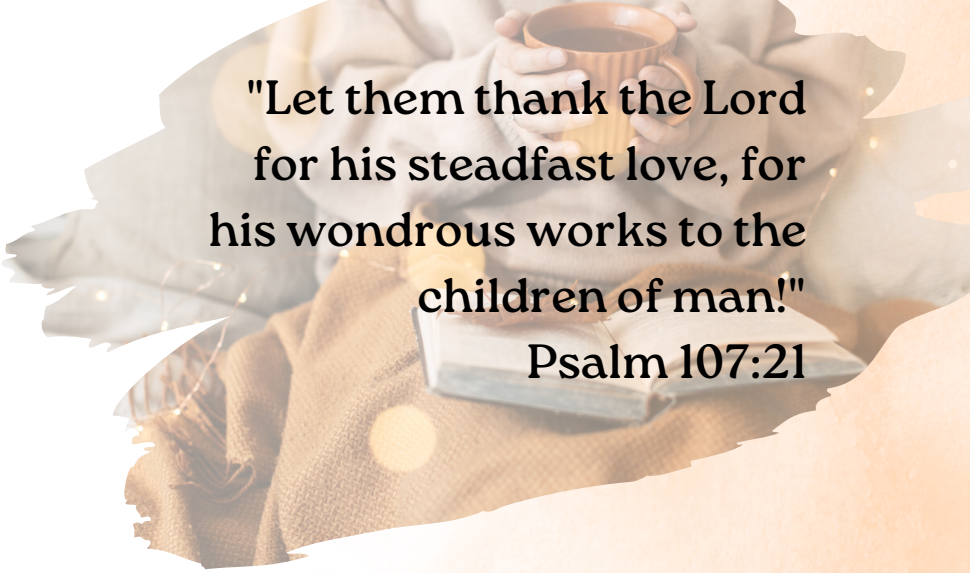


"Thanks be to God for his inexpressible gift!"
2 Corinthians 9:15

today I'm thankful for...

DAY 24

Read.
Write.
Pray.

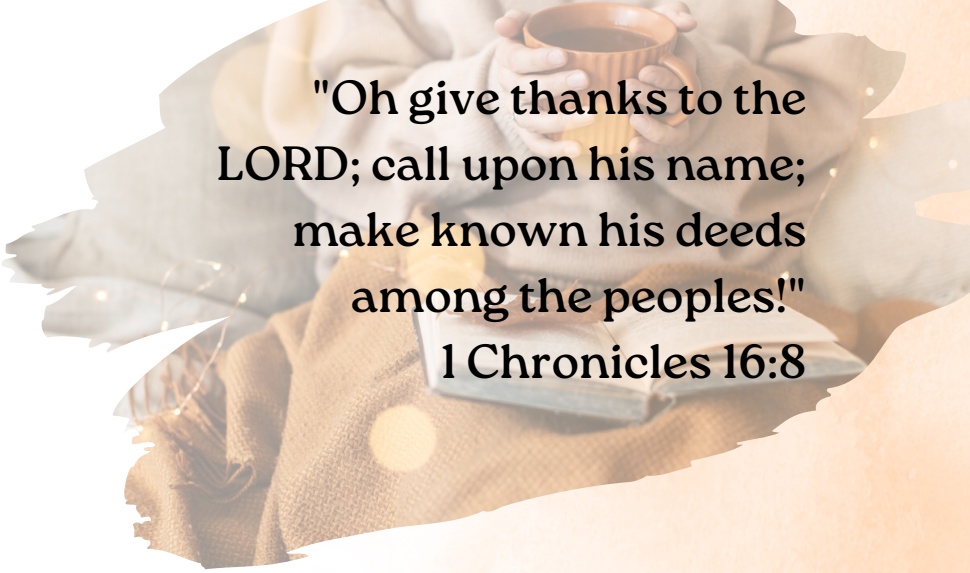


"Let them thank the Lord for his steadfast love, for his wondrous works to the children of man!"
Psalm 107:21

today I'm thankful for...

DAY 25

Read.
Write.
Pray.

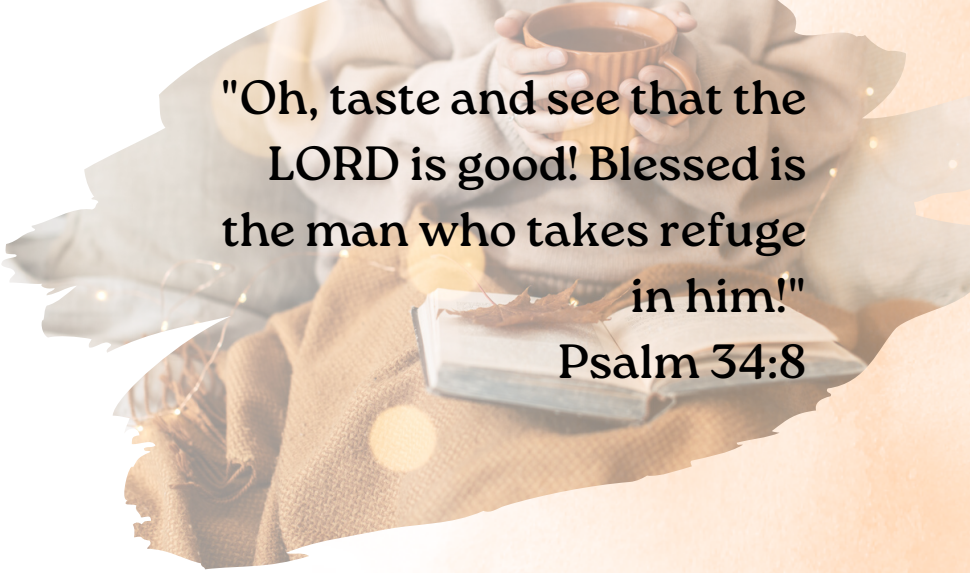


"Oh give thanks to the LORD; call upon his name; make known his deeds among the peoples!"
1 Chronicles 16:8

today I'm thankful for...

DAY 26

Read.
Write.
Pray.



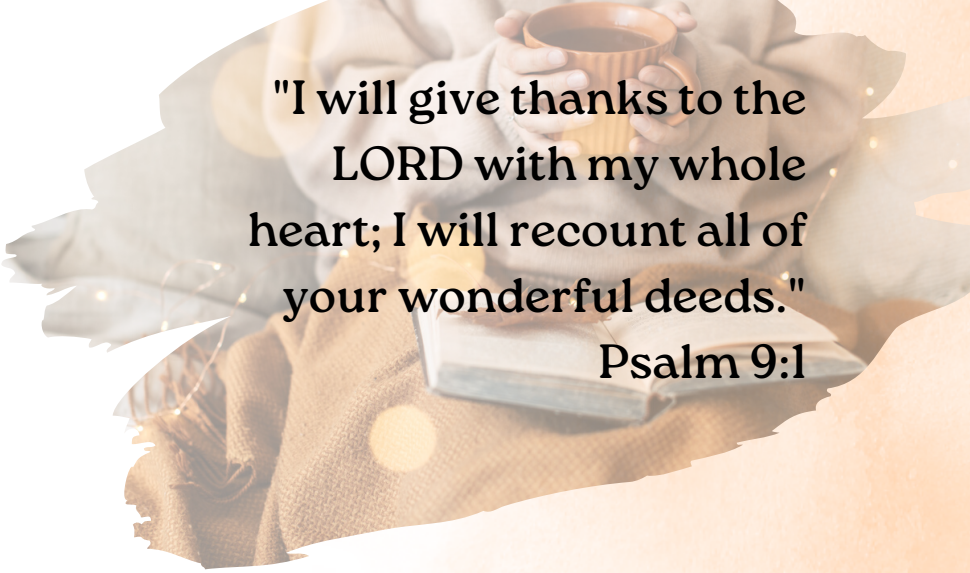
"Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him!"
Psalm 34:8

today I'm thankful for...

30 Days of THANKS

DAY 27

Read.
Write.
Pray.

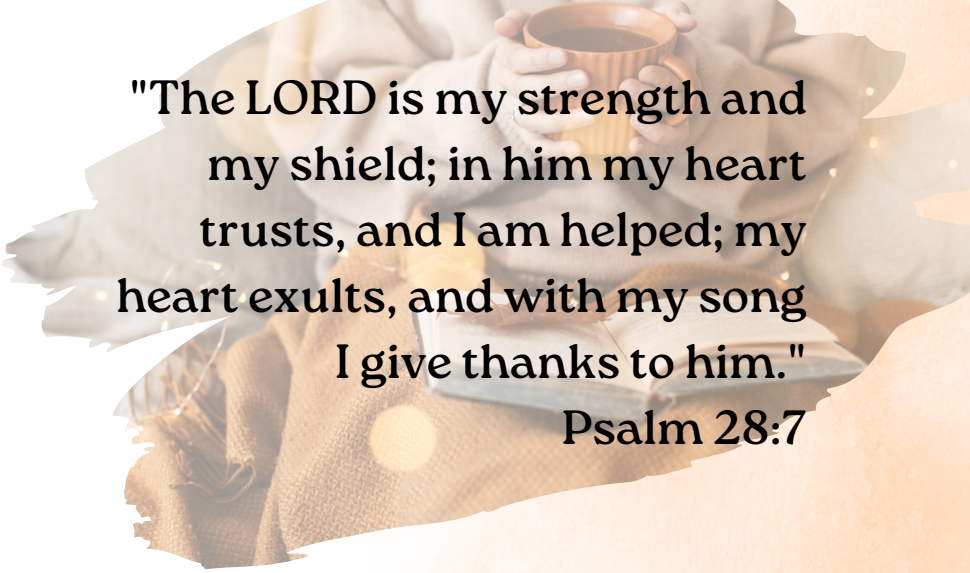


"I will give thanks to the LORD with my whole heart; I will recount all of your wonderful deeds."
Psalm 9:1

today I'm thankful for...

DAY 28

Read.
Write.
Pray.

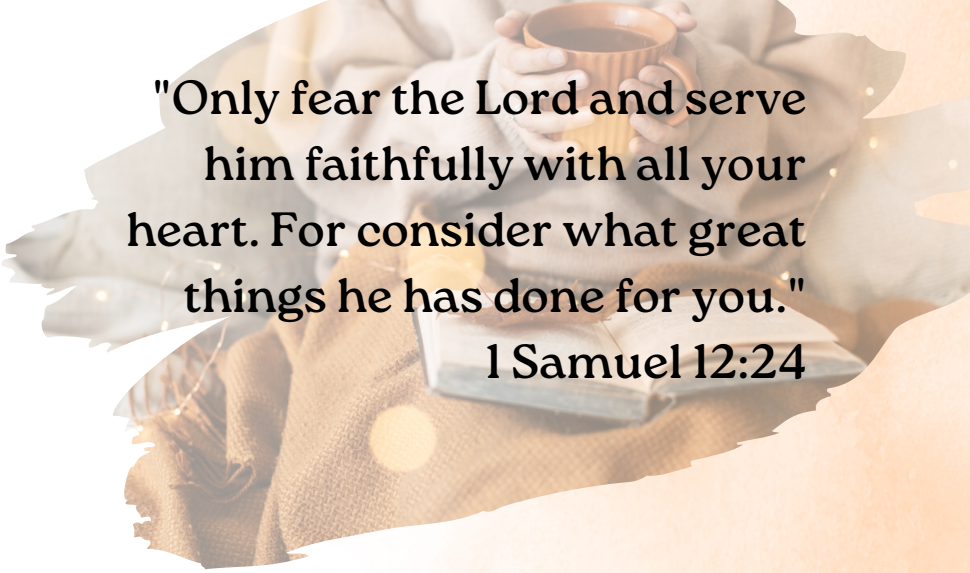


"The LORD is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him."
Psalm 28:7

today I'm thankful for...

DAY 29

Read.
Write.
Pray.

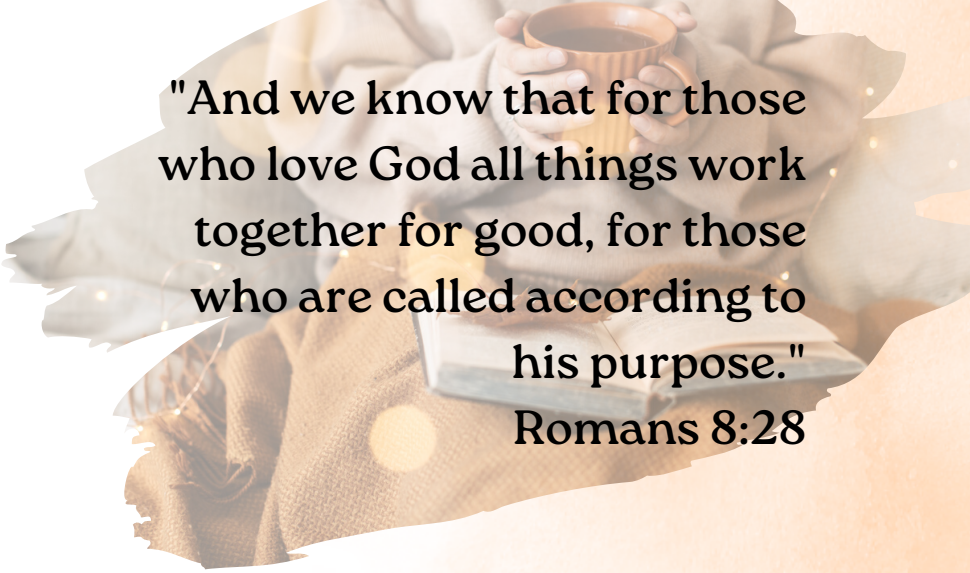


"Only fear the Lord and serve him faithfully with all your heart. For consider what great things he has done for you."
1 Samuel 12:24

today I'm thankful for...

DAY 30

Read.
Write.
Pray.



"And we know that for those who love God all things work together for good, for those who are called according to his purpose."
Romans 8:28

today I'm thankful for...

30 Days of THANKS

thank you...

We did it!

Great job sticking with it! We pray this journey has sparked a new attitude of gratitude that is rooted in the joy of Christ.

Repeat as needed.

We know this 30 days was powerful, and we also know that life is a roller coaster. Repeat the 30 Days of Thanks journey as often as needed.

One for the road...

"And my God will supply every need of yours according to his riches in glory in Christ Jesus. To our God and Father be glory forever and ever. Amen." - *Philippians 4:19-20*

God Bless!