FAITH ASSEMBLY CHURCH

30 Days of Thanksgiving

A devotional challenge for cultivating a grateful heart.

Daily Scripture readings, reflections, prayers, practical challenges, and journaling

“In everything give thanks: for this is the will of God in Christ Jesus concerning you.”

1 Thessalonians 5:18 KJV

Name: _____

Start Date: **November 1, 2026** **Finish Date:** _____

Welcome to the Challenge

Dear Faith Assembly family,

Let us spend the next thirty days learning to recognize God's goodness and respond with thanksgiving. This booklet will guide us through Scripture, reflection, prayer, and practical acts of gratitude. It can be used personally, with a household, or in a small group.

A thankful heart grows as we remember who God is and pay attention to His care. We will remember His faithfulness, appreciate the people He has placed in our lives, practice gratitude through difficult seasons, and share what we have received. My prayer is that these practices will deepen our worship and strengthen the way we love one another.

Some of us begin this journey with joy. Others carry grief, unanswered questions, or weariness. Bring your real circumstances to the Lord. Thanksgiving leaves room for honest lament and asking for help. We can acknowledge our pain and still recognize the mercy that meets us within it.

Set aside a few minutes each day. Read the passage in your Bible, complete the challenge as you are able, and record a specific reason for thanks. If you miss a day, simply return to the next reading. Let this be a gracious invitation to grow in Christ.

May the Lord help us become a church family whose prayers, words, and actions overflow with thanksgiving.

With love and prayer,

Ejaz Nabie

Rev. M. Ejaz Nabie
Senior Pastor, Faith Assembly Church, NY

My Prayer as I Begin

_____
_____
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How to Use This Booklet

Plan for about ten minutes each day, with additional time for the practical challenge. Keep your Bible and a pen nearby. Begin on any date; the day numbers are not tied to a calendar month.

Read: Open the daily passage in your preferred Bible translation. Read the surrounding verses when possible.

Reflect: Consider the devotional and its personal question. Notice what the passage reveals about God and your response to Him.

Pray: Use the suggested prayer as a starting point. Add your own thanksgiving, concerns, and requests.

Act: Complete the practical challenge. Adapt it to your circumstances, ability, and wise boundaries.

Record: Write one specific reason for gratitude and a brief response to the journal prompt.

Your journey through the booklet

Week 1 Remember His goodness Days 1 to 7 *Pages 4 to 11*

Week 2 Gratitude for people Days 8 to 14 *Pages 12 to 19*

Week 3 Thankful in every season Days 15 to 21 *Pages 20 to 27*

Week 4 Gratitude that becomes generosity Days 22 to 28 *Pages 28 to 35*

Final days Continue in thanksgiving Days 29 and 30 *Pages 36 to 37*

Thanksgiving letter Page 38 | Tracker *Page 39*

Continuing practices and closing prayer *Page 40*

For households and small groups

Use the weekly review pages for a short conversation. Children may draw a blessing or offer one sentence of thanks. Invite people to share without pressure, respect privacy, and close in prayer. If you are using this alone, answer the same questions in your journal.

Scripture passages are provided as references for reading in your Bible. The theme quotation is from the King James Version. Devotional reflections are applications of the passages, not additional Scripture quotations.

WEEK 1 REMEMBER HIS GOODNESS

Day 1: Give Thanks

Read Psalm 107:1

Reflect

Gratitude begins with the character of God. The psalm calls us to give thanks because the Lord is good and His steadfast love endures. Before we count gifts, we remember the Giver. Our circumstances change, but His goodness gives us a reason to worship today.

We often approach prayer carrying a list of needs. God welcomes those needs, yet thanksgiving also helps us recognize what we have already received. Because the psalm directs our attention to the Lord's enduring love, begin this journey by slowing down. Notice the mercy that sustained you, the people who supported you, and the ordinary provisions you may have overlooked. Let remembering become worship.

Today's Challenge

Write ten things for which you are thankful. Include something about God's character, something He has done, and one ordinary gift.

Prayer

Father, open my eyes to Your goodness. Help me remember Your mercy and receive this day with gratitude. In Jesus' name, Amen.

My Gratitude Journal

Name one blessing you have been receiving without pausing to give thanks.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 2: Thank God for Life

Read Psalm 118:24

Reflect

In Psalm 118, celebration belongs within a larger song of God's saving help. The day is a reason for rejoicing because the Lord has acted. As we read, we can also receive the present day as an opportunity to respond to His goodness.

You do not need an easy schedule or perfect health to offer a sincere prayer of thanks. There may be limitations, fatigue, or sorrow in your day. Bring them honestly to God. Because this day is an opportunity to respond to His goodness, notice what is available now: a breath, a moment of prayer, an opportunity to love someone, or strength for the next step. Gratitude helps us live attentively in the time we have been given.

Today's Challenge

Before checking your phone, thank God for today. Choose one way to use part of this day to honor Him.

Prayer

Lord, thank You for the gift of life. Help me use today's opportunities with wisdom and love. In Jesus' name, Amen.

My Gratitude Journal

Name one opportunity to love or serve that is available to you today.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 3: Remember His Faithfulness

Read Lamentations 3:22-24

Reflect

These words about God's mercy arise from a book filled with grief. Hope is spoken in the midst of devastation. Remembering God's faithfulness does not require pretending that everything is well. It means turning toward His compassion while acknowledging what hurts.

Recall a season when you did not know how you would continue. Perhaps God sustained you through Scripture, a faithful friend, a meal, or enough strength for one more day. Some questions may remain unanswered. Yet the passage's witness to enduring mercy invites you to recognize the compassion that met you along the way. Let those memories strengthen your confidence to bring today's needs to the same faithful Lord.

Today's Challenge

Record three moments when you experienced God's sustaining care. Thank Him specifically for each one.

Prayer

Faithful Father, thank You for meeting me in difficult places. Renew my hope through the mercies You give today. In Jesus' name, Amen.

My Gratitude Journal

Name one place in your story where you can recognize God's compassion.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 4: Thank God for Salvation

Read Ephesians 2:8-10

Reflect

Paul describes salvation as God's gift of grace, received through faith. We cannot earn our standing before God by collecting achievements or performing religious duties. Our gratitude rests in what Jesus has done for us through His death and resurrection.

The passage also says that we are created in Christ Jesus for good works. Grace restores our relationship with God and gives purpose to our lives; therefore, we serve because we have been loved and welcomed. Let thanksgiving move beyond general appreciation today. Remember forgiveness, reconciliation, and the hope of life with Christ. Ask Him to shape the way you treat others in response to His grace.

Today's Challenge

Spend five minutes thanking Jesus for salvation. Then choose one act of kindness as a response to His grace.

Prayer

Jesus, thank You for saving me by grace. Teach me to walk in the good works You have prepared for me. Amen.

My Gratitude Journal

Name one way God's grace is changing how you live.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 5: Count Your Blessings

Read Psalm 103:1-5

Reflect

David speaks to his own soul and urges it to remember the Lord's benefits. He names forgiveness, healing, redemption, steadfast love, and renewal. Remembering is an intentional spiritual practice. Our attention needs help when disappointment occupies the foreground.

This psalm celebrates God’s care; it does not require us to deny illness or unanswered prayer. Because David deliberately names the Lord’s benefits, we can also give our prayers specific reasons for praise. Notice both visible gifts and deeper ones: restored hope, forgiveness after failure, courage to begin again, and love that has carried you. Write them down while continuing to seek God’s help.

Today’s Challenge

Add five blessings to your journal. Include at least two that cannot be measured in money or possessions.

Prayer

Lord, help me remember Your benefits. Keep my heart attentive to Your forgiveness, love, and restoring care. In Jesus' name, Amen.

My Gratitude Journal

Which spiritual blessing do you most need to remember today, and why?

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 6: Thank God for Provision

Read Philippians 4:10-19

Reflect

Paul thanks a church that shared generously with him. He has learned contentment in both plenty and need, and he recognizes their gift as part of God's care. Provision in this passage is connected to fellowship, generosity, and trust in Christ.

God’s care often reaches us through ordinary means: work, a helping hand, food on the table, or someone willing to share. We may still face genuine needs. Because Paul connects provision with fellowship, thanksgiving can acknowledge what we have received while we ask for what is lacking. It also invites us to become part of God’s provision for someone else.

Today’s Challenge

Pause before each meal and thank God for His provision. If you are able, set aside food or another resource to share.

Prayer

Father, thank You for caring for me through ordinary gifts and generous people. Help me trust You and share wisely. In Jesus' name, Amen.

My Gratitude Journal

Name one person or ordinary means God has used to provide for you recently.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 7: Celebrate the Week

Read Psalm 92:1-4

Reflect

The psalm connects thanksgiving with the rhythms of morning and evening. God's love and faithfulness deserve attention throughout the day. Gratitude grows as we return to praise, even when our feelings fluctuate.

Review your first week slowly. You may notice blessings you would otherwise have forgotten, as well as patterns of rushing, worrying, or comparing. Bring both to God without shame. The psalm's morning-and-evening rhythm reminds us that spiritual habits take practice. Choose one simple rhythm for the next week: offer one sentence of thanks when you wake and another before you sleep.

Today's Challenge

Review your entries. Choose three blessings and praise God for them aloud. Practice a morning and evening prayer of thanks.

Prayer

Lord, thank You for meeting me this week. Establish a rhythm of thanksgiving in my daily life. In Jesus' name, Amen.

My Gratitude Journal

Which practice helped you notice God's goodness this week?

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Week 1: Reflection

Remember His goodness.

Which gift became more meaningful when you paused to thank God?

Which truth about God helped you this week?

What daily rhythm of thanks would you like to keep?

Family or Small Group Conversation

Take turns naming one ordinary blessing and one reason to praise God for His character. Ask children to draw a gift they noticed.

Pray Together

Thank God for His goodness, salvation, and sustaining care.

One Practice I Will Carry Forward

WEEK 2 GRATITUDE FOR PEOPLE

Day 8: Thank God for Family

Read Psalm 127:3-5

Reflect

Psalm 127 describes children as a gift from the Lord. It invites us to receive family life with gratitude and responsibility. People entrusted to our care need love, patience, and prayer; they are never simply extensions of our own ambitions.

Family relationships can hold both joy and pain. Some readers grieve a loved one, long for children, or experience distance within their family. Bring your real situation before God. You can give thanks for a loving relative, a caregiver, or someone who has become family through faithful friendship. Appreciation need not ignore harm or remove healthy boundaries. Today, recognize one specific expression of love and respond with kindness.

Today's Challenge

Tell a family member or trusted caregiver one specific reason you appreciate them. If contact is unwise, write a private prayer instead.

Prayer

Father, thank You for the people who have cared for me. Help me love my family with patience, wisdom, and grace. In Jesus' name, Amen.

My Gratitude Journal

What expression of love within my family or circle of care can I acknowledge?

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

WEEK 2 GRATITUDE FOR PEOPLE

Day 9: Thank God for Friends

Read Proverbs 17:17

Reflect

This proverb honors love that remains through adversity. Friendship becomes especially precious when someone listens, prays, tells the truth kindly, or stays present through a difficult season. Such care is worthy of gratitude.

Recall a friend who has made room for your real life—a conversation, an unexpected visit, or a message that arrived at the right moment. Because faithful love remains through adversity, thank God for that person and consider the friendship you offer in return. Faithful love includes presence, honesty, and encouragement. If you feel lonely, bring that longing to God and take one small, wise step toward community.

Today's Challenge

Contact one friend today with a specific word of thanks. Ask how you can pray for them, then listen carefully.

Prayer

Lord, thank You for faithful friends. Help me become a dependable and loving friend to others. In Jesus' name, Amen.

My Gratitude Journal

What is one specific step you can take to strengthen a friendship?

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 10: Honor Someone Who Helped You

Read Philippians 1:3-6

Reflect

Paul's gratitude for the Philippians is shaped by their partnership in the gospel. He remembers them in prayer and rejoices in the work God is doing among them. Thanksgiving connects remembering people with recognizing God's grace.

Many people have contributed to your growth. Someone taught you, prayed for you, corrected you with love, or opened a door of opportunity. Because Paul joins remembrance with thanksgiving, name one contribution that helped shape your journey. You do not need a grand gesture. A sincere message describing what the person did and why it mattered can encourage them deeply.

Today’s Challenge

Send a brief thank-you today to a mentor, teacher, prayer partner, or supporter. Name what they did and why it mattered.

Prayer

Father, thank You for those who helped me grow. Encourage them today and teach me to honor their contribution. In Jesus' name, Amen.

My Gratitude Journal

Name one person whose investment in your life you have not yet acknowledged.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 11: Thank God for Your Church

Read Hebrews 10:23-25

Reflect

The church is called to hold fast to hope and encourage one another toward love and good works. Gathering gives us opportunities to worship, learn, serve, and support people whose faith may be weary. Community is part of God's care for His people.

No congregation is without weaknesses. Thanksgiving helps us recognize grace at work among imperfect people while leaving room for honest concerns. Because Hebrews calls believers to encourage one another, notice those who welcome, teach children, pray, lead worship, prepare rooms, and care for people quietly. Pray for your pastor and leaders, and ask how your own presence can strengthen someone else’s faith.

Today’s Challenge

Pray today for your pastor, leaders, volunteers, and congregation. Then thank one person for a specific way they serve.

Prayer

Lord, thank You for my church family. Give us wisdom, unity, and love that leads to faithful service. In Jesus' name, Amen.

My Gratitude Journal

Name one specific way someone in your church helped you follow Jesus.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 12: Appreciate the Overlooked

Read Romans 12:9-13

Reflect

Paul describes a community marked by sincere love, mutual honor, hospitality, and practical care. Honor is something believers actively offer. We learn to see the worth of people whose contributions may receive little attention.

Consider the people whose work supports your everyday life. Someone cleans a room, prepares food, stocks shelves, delivers supplies, or helps a ministry function smoothly. It is easy to receive the benefit without noticing the person. Today, slow down enough to make eye contact and express sincere thanks. Do not use appreciation as a technique to obtain better service. Offer it because the person deserves dignity.

Today's Challenge

Thank one person whose service is often overlooked. Name their effort specifically and respectfully.

Prayer

Father, help me see people as You see them. Make me attentive to quiet service and generous in giving honor. In Jesus' name, Amen.

My Gratitude Journal

Name one person whose service you regularly benefit from but rarely notice.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 13: Gratitude Instead of Complaining

Read Philippians 2:14-16

Reflect

Paul warns against grumbling and disputing as believers live out their witnesses together. Repeated complaints can shape how we see people and circumstances. They can also spread discouragement through a household or congregation.

This practice does not forbid honest grief, reporting wrongdoing, or asking for needed change. Lament and truthful conversation have a place in Christian life. Instead, Paul's instruction invites us to notice reflexive complaints that offer no constructive response. Before speaking, ask whether you can express a real need respectfully, take a useful step, or name something for which you are grateful. Let your speech become intentional and helpful.

Today's Challenge

Practice a 24-hour fast from needless complaining. When you slip, pause, name one gift, and choose a constructive response.

Prayer

Lord, guard my speech. Teach me to express concerns honestly and to speak with gratitude and grace. In Jesus' name, Amen.

My Gratitude Journal

Name one repeated complaint you can turn into a prayer or constructive action.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

WEEK 2 GRATITUDE FOR PEOPLE

Day 14: Speak Life

Read Proverbs 16:24

Reflect

The proverb compares gracious words to honey: pleasant and restorative. Our speech can refresh people who carry burdens we do not see. A thoughtful word of appreciation may help someone continue faithfully.

Encouragement is strongest when it is truthful and specific. Because gracious words can restore, identify patience, diligence, kindness, courage, or faithfulness you have observed. Tell the person how that quality helped you or someone else. Such words honor the work of grace in another life. Ask God to make your tone sincere so your words serve the person who receives them.

Today's Challenge

Encourage three people today. For each person, name one quality or action you sincerely appreciate.

Prayer

Father, let my words bring grace to those who hear them. Help me recognize and affirm what is good. In Jesus' name, Amen.

My Gratitude Journal

Who near you needs truthful encouragement, and what can you affirm?

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Week 2: Reflection

Gratitude for people

Whom did you thank, and what did you learn through that conversation?

How did attention to your speech affect your relationships?

Who still needs a word of appreciation or a prayer?

Family or Small Group Conversation

Ask each person to name someone who helped them. Discuss one way to show that person appreciation together.

Pray Together

Pray for your family, friends, church, and those who serve quietly.

One Practice I Will Carry Forward

Day 15: Give Thanks in Every Circumstance

Read 1 Thessalonians 5:16-18

Reflect

Paul places thanksgiving alongside rejoicing and prayer. These practices belong to life in Christ, including seasons that are difficult. Giving thanks in a circumstance does not require calling suffering good or denying the need for help.

You may be facing grief, financial strain, disappointment, or uncertainty. Begin by telling God the truth. Because Paul places thanksgiving beside prayer, look for one reason to thank Him within that reality: His presence, a promise in Scripture, a person who cares, or strength for the next step. Gratitude and tears can exist in the same prayer. You do not have to solve the situation before turning toward the Lord who hears you.

Today's Challenge

Choose one difficult area of life. Write one honest lament and one specific reason for thanksgiving beside it.

Prayer

Father, meet me in this difficult season. Receive my sorrow and help me recognize Your faithful presence. In Jesus' name, Amen.

My Gratitude Journal

Name one reason you can thank God while remaining honest about your pain.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 16: Remember What God Has Brought You Through

Read Deuteronomy 8:2-6

Reflect

Moses calls Israel to remember its wilderness journey. The people are to recall dependence, instruction, and God's sustaining care. Remembering helps them resist the illusion that their future security rests entirely in their own strength.

Your story may include struggles you would never choose again. Reflect with care; you do not need to explain every hardship or force a positive meaning onto every loss. Because Israel was called to remember God's sustaining care, identify what you can honestly see: help you received, a lesson you learned, a prayer that sustained you, or a change in your character. Let remembrance deepen humility and gratitude for the grace that carried you.

Today's Challenge

Write a three- to five-sentence testimony beginning, "When I look back, I can see God's care when…" Include one concrete example.

Prayer

Lord, help me remember with honesty and humility. Thank You for sustaining me along the way. In Jesus' name, Amen.

My Gratitude Journal

Name one part of your story that reminds you to depend on God.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 17: Gratitude in the Waiting

Read Psalm 27:13-14

Reflect

The psalm ends with a call to wait for the Lord with courage. Earlier verses include distress and pleas for help. Waiting here is active trust: seeking God while depending on His goodness.

When an answer is delayed, our attention can narrow to what has not happened. Yet the psalm's call to courageous waiting invites us to notice the care available now. Perhaps you are receiving counsel, growing in patience, or finding support from others. These gifts do not answer every question, but they can sustain you. Continue asking God for what you need, thank Him for what you can recognize today, and entrust the timing and outcome to His wisdom.

Today's Challenge

Name something you are waiting for. Record two ways God is sustaining you now and one faithful step you can take today.

Prayer

Father, strengthen me as I wait. Help me trust Your wisdom and remain faithful with what is before me. In Jesus' name, Amen.

My Gratitude Journal

What present gift might you be overlooking while you wait?

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 18: Trust God With Closed Doors

Read Proverbs 3:5-6

Reflect

Proverbs invite us to trust the Lord wholeheartedly and acknowledge Him in our ways. We do not see every consequence or understand every disappointment. Trust includes seeking His direction when our plans change.

A closed door may involve loss, human choices, or circumstances we cannot explain. We should not declare every disappointment a specific act of divine protection. Instead, the proverb invites us to seek God's direction without relying only on our own understanding. Some redirections become clearer over time; others remain painful. Thank Him for the wisdom and companionship He gives now, and release the outcome without pretending it never mattered.

Today's Challenge

Reflect on one changed plan. Write down any guidance you can honestly identify, then name one next step for which you need wisdom.

Prayer

Lord, guide me when plans change. Help me trust You without making claims about what I do not understand. In Jesus' name, Amen.

My Gratitude Journal

Name one faithful next step you can take after this disappointment.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 19: Bring Worry to God With Thanksgiving

Read Philippians 4:6-7

Reflect

Paul invites believers to bring their requests to God with thanksgiving. Prayer gives anxiety a place to be expressed before the Father. God's peace guards our hearts and minds in Christ as we entrust our concerns to Him.

Thanksgiving is not a formula that instantly removes every anxious feeling. It reminds us whom we are addressing and what He has already done. You may need to return to the same prayer many times, and you may also need practical support or professional care. Following Paul's pattern, begin with one concern: state it plainly, ask for help, and name one reason you can trust God's care. Then take the next wise step without carrying everything alone.

Today's Challenge

Write down three worries. Turn each one into a prayer request and add one specific expression of thanks.

Prayer

Father, I bring You my worries. Guard my heart in Christ and guide me toward the help and wisdom I need. Amen.

My Gratitude Journal

Name one concern you need to entrust to God again today.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 20: Thank God for Growth

Read James 1:2-4

Reflect

James teaches that testing can produce perseverance and that perseverance contributes to maturity. The joy he describes looks toward God's forming work. It does not make pain pleasant or excuse the people who cause harm.

Recall a challenge through which you have grown. Perhaps you learned to ask for help, became more compassionate, or developed patience. Because James points toward perseverance and maturity, thank God for that growth while remaining honest about its cost. If the hardship is ongoing, you may not yet see a lesson. Ask for sustaining grace rather than pressuring yourself to produce an uplifting account. God meets you as you are and helps you continue in faith.

Today's Challenge

Identify one area of growth connected to a past challenge and thank God for it. If none is clear, ask Him for strength to persevere today.

Prayer

Lord, sustain me through testing and form Christlike character in me. Thank You for every evidence of growth. In Jesus' name, Amen.

My Gratitude Journal

Where are you learning patience, compassion, or dependence on God? Name one example.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 21: Worship Before the Answer

Read Habakkuk 3:17-19

Reflect

Habakkuk describes severe loss and still resolves to rejoice in the Lord. His confidence is anchored in God as his salvation and strength. This is worship spoken with full awareness of hardship.

Some prayers remain unanswered. Yet Habakkuk shows that worship can turn us toward God without pretending our questions have disappeared. Praise His holiness, mercy, wisdom, and faithfulness while continuing to lament and petition. Begin with one simple expression of trust. Read the passage slowly and let its words guide your prayer. Offer the worship you can sincerely bring today, even if it comes quietly through tears.

Today's Challenge

Spend ten minutes worshiping God for who He is. If a request comes to mind, entrust it to Him and return gently to praise.

Prayer

God of my salvation, be my strength. Receive my worship while I wait for answers and learn to trust You. In Jesus' name, Amen.

My Gratitude Journal

Name one truth about God that can anchor your worship today.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Week 3: Reflection

Thankful in every season

Where did you practice gratitude while remaining honest about pain?

What helped you trust God during uncertainty or waiting?

What support or wise next step do you need now?

Family or Small Group Conversation

Let each person name one concern and one reason for thanks. Listen patiently; avoid trying to explain another person's suffering.

Pray Together

Bring your concerns to God and thank Him for His faithful presence.

One Practice I Will Carry Forward

Day 22: Give Because You Have Received

Read 2 Corinthians 9:10-12

Reflect

Paul describes generosity that meets needs and leads others to thank God. Resources entrusted to believers can become blessings shared with people around them. Thanksgiving grows as God's gifts move through willing hands.

Notice what you have received: time, skills, encouragement, food, opportunities, or money. You do not need abundance in every area to offer something useful. Because Paul connects generosity with thanksgiving to God, give within your means and ask what would truly help the recipient. A thoughtful gift honors both the person and the Lord. Generosity is a response to grace, never a way to purchase God’s favor.

Today’s Challenge

Give one useful gift today—money, food, time, a skill, or encouragement—according to your ability and the recipient’s need.

Prayer

Father, thank You for what You have entrusted to me. Help me share willingly and wisely. In Jesus' name, Amen.

My Gratitude Journal

Name one gift in your care that could meet someone else’s need.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 23: Serve Someone

Read Galatians 5:13-14

Reflect

Paul connects Christian freedom with loving service. The freedom we receive in Christ creates room to seek another person's good. Love becomes visible through actions that help rather than merely intentions that sound kind.

Look around your household, church, or neighborhood. Someone may need help with a task, a patient listener, or companionship. Because Christian freedom expresses itself through love, begin by noticing and asking rather than assuming you know what another person needs. Offer help respectfully and accept the answer. Serve quietly without seeking recognition, while remaining honest about your own capacity.

Today's Challenge

Ask one person what would be helpful, then complete one act of service without seeking recognition or repayment.

Prayer

Jesus, thank You for serving us in love. Teach me to use my freedom and strength for the good of others. Amen.

My Gratitude Journal

Who could you help through one practical act of love today?

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 24: Be a Blessing

Read Acts 20:32-35

Reflect

As Paul speaks to church leaders, he recalls working diligently and helping the weak. He points to Jesus' teaching about the blessedness of giving. Generosity belongs within a life of care and responsibility.

An unexpected kindness can remind someone that they are seen. Because Jesus commends giving, consider a meal, a note, a ride, or help with an ordinary expense. The gift's suitability matters more than its size. Give without creating an obligation, let the person receive freely, and honor their privacy. In this way, thanksgiving can become tangible relief or encouragement.

Today's Challenge

Offer one unexpected, practical kindness today. Choose something you can give freely, responsibly, and without creating an obligation.

Prayer

Lord, show me a need I can help meet. Make my giving thoughtful, respectful, and full of love. In Jesus' name, Amen.

My Gratitude Journal

What simple kindness would meaningfully help someone you know?

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 25: Share Your Testimony

Read Psalm 66:16-20

Reflect

The psalmist invites others to hear what God has done for him. Personal thanksgiving becomes shared praise. A testimony draws attention to God's mercy through a truthful account of His care.

You do not need a dramatic story to encourage someone. Tell about a prayer, an experience of forgiveness, support in grief, or strength during a hard week. Because testimony directs attention to God’s mercy, be clear about what happened and careful about what you conclude. Your experience does not guarantee the same outcome for another person. Share with humility, protect others’ privacy, and leave room for the listener’s story.

Today’s Challenge

Tell one person a specific way you have experienced God’s care. Then ask about their story and listen without rushing.

Prayer

Father, help me speak truthfully about Your mercy. Use my testimony to encourage someone and point them toward You. In Jesus' name, Amen.

My Gratitude Journal

Name one part of your story you can share with humility and care.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 26: Thank God for Small Gifts

Read James 1:17

Reflect

James identifies God as the source of every good and perfect gift. His character is dependable. Learning to recognize ordinary gifts trains our attention toward the goodness of the Father.

Some gifts arrive quietly: a conversation, clean water, a moment of rest, a kind smile, or beauty outside your window. They may not resolve your biggest concern, but they are still worth receiving with thanks. Because James directs us to the Giver, resist measuring your life only by milestones or comparing your blessings with someone else's. Attend to what is before you; gratitude becomes more perceptive through practice.

Today's Challenge

Write down or photograph five ordinary gifts before the day ends. Pause over each one and thank God specifically.

Prayer

Father of good gifts, help me notice everyday mercy. Teach me to receive ordinary moments with gratitude. In Jesus' name, Amen.

My Gratitude Journal

Name one small gift that refreshed you today and explain why.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 27: Practice Generosity Intentionally

Read Proverbs 11:24-25

Reflect

This proverb commends generosity and describes the refreshing effect of giving. Wisdom calls us to live with open hands and concern for others. It does not offer a guaranteed financial return on every gift.

Gratitude can become planned generosity. Because the proverb commends openhanded living, identify a person, family, ministry, or community organization whose work you understand. Decide what you can give responsibly—money, volunteer time, or a needed skill. Thoughtful planning helps generosity continue beyond a single emotional moment. Ask God for willingness and sound judgment, then make a commitment you can fulfill.

Today's Challenge

Choose one person or cause to support. Write a realistic plan and take its first step today.

Prayer

Lord, refresh others through what You have entrusted to me. Give me a generous heart and wisdom to follow through. In Jesus' name, Amen.

My Gratitude Journal

What realistic act of generosity can you make a regular practice?

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Day 28: Create an Atmosphere of Thanksgiving

Read Colossians 3:15-17

Reflect

Paul describes a community shaped by Christ's peace, His word, and thanksgiving. Gratitude belongs in worship, speech, and everyday action. A shared life of thanks helps people recognize grace together.

You can help shape the atmosphere in your household or group. Because Paul joins thanksgiving with shared worship and the word of Christ, make room for people to name gifts without comparing their stories. One person may speak joyfully while another offers only a small expression of thanks through grief. Receive each person patiently, read Scripture, share honestly, and pray together. Thanksgiving becomes meaningful when people can bring their real lives into God’s presence.

Today’s Challenge

Gather your household, one friend, or a small group today. Invite each person to name one reason for thanks, then pray together. If you are alone, write and pray through your own response.

Prayer

Jesus, let Your word and peace shape our life together. Teach us to encourage one another with thankful hearts. Amen.

My Gratitude Journal

What one practice could make room for thanksgiving in your home or group?

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

Week 4: Reflection

Gratitude that becomes generosity

Which act of service or giving helped you understand gratitude?

What need have you become more attentive to?

What generous practice can you continue within your means?

Family or Small Group Conversation

Choose one practical act of kindness you can do together. Ask what would actually help and agree on a realistic plan.

Pray Together

Thank God for what you have received and ask for wisdom to share it.

One Practice I Will Carry Forward

Day 29: Build Your Memorial

Read Joshua 4:1-7

Reflect

Israel's memorial stones marked the Lord's help in crossing the Jordan. They were meant to prompt questions and preserve the story for future generations. Remembering God's acts was a shared responsibility.

Your journal can become a reminder of what you have recognized during these thirty days. Because Israel's memorial preserved the story of God's help, choose examples concrete enough to retell. Include ordinary mercy alongside major answers to prayer. Revisit these pages when disappointment or busyness clouds your memory, and share a few memories with children or someone you mentor. Let your record invite continued trust.

Today's Challenge

Review the previous 28 days. Write your top ten reasons for thanksgiving in the space below and keep the list where you can revisit it.

Prayer

Father, help me preserve the memory of Your goodness. May what I remember strengthen faith in me and those who come after me. In Jesus' name, Amen.

My top ten reasons for thanksgiving

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 30: Make Thanksgiving a Lifestyle

Read Colossians 2:6-7

Reflect

Paul urges believers to continue walking in Christ, rooted in Him and established in faith, overflowing with thanksgiving. Gratitude grows from a life connected to Jesus. The end of this challenge is an opportunity to choose a continuing rhythm.

Recall what helped you during these thirty days. Perhaps writing one sentence, thanking someone, or praying before a meal made you more attentive. Because Paul describes believers as rooted in Christ and overflowing with thanksgiving, choose one manageable practice to keep. On days of grief, distraction, or disappointment, return to Christ honestly. Let His word continue shaping the way you pray, speak, and serve.

Today's Challenge

Write your thanksgiving letter to God on the next page. Choose one daily practice and one weekly practice to continue.

Prayer

Jesus, keep me rooted in You. Let thanksgiving grow through my prayers, relationships, and service in the days ahead. Amen.

My Gratitude Journal

Name one rhythm of thanksgiving you will continue after today.

Today I thank God for

[ ] Reading and reflection [ ] Prayer [ ] Challenge [ ] Journal

My Thanksgiving Letter to God

Write honestly and specifically. Thank God for who He is, what He has done, the people who have helped you, and the grace that has sustained you. Include what you are learning and what you are entrusting to Him.

Dear Father,

In Jesus' name, Amen.

30-Day Gratitude Tracker

Mark each day as you complete it. If you miss a day, resume at your own pace. The purpose is to practice thanksgiving and grow in fellowship with Christ.

[ ] Day 1 Give Thanks
[ ] Day 2 Thank God for Life
[ ] Day 3 Remember His Faithfulness
[ ] Day 4 Thank God for Salvation
[ ] Day 5 Count Your Blessings
[ ] Day 6 Thank God for Provision
[ ] Day 7 Celebrate the Week
[ ] Day 8 Thank God for Family
[ ] Day 9 Thank God for Friends
[ ] Day 10 Honor Someone Who Helped You
[ ] Day 11 Thank God for Your Church
[ ] Day 12 Appreciate the Overlooked
[ ] Day 13 Gratitude Instead of Complaining
[ ] Day 14 Speak Life
[ ] Day 15 Give Thanks in Every Circumstance
[ ] Day 16 Remember What God Has Brought You Through
[ ] Day 17 Gratitude in the Waiting
[ ] Day 18 Trust God With Closed Doors
[ ] Day 19 Bring Worry to God With Thanksgiving
[ ] Day 20 Thank God for Growth
[ ] Day 21 Worship Before the Answer
[ ] Day 22 Give Because You Have Received
[ ] Day 23 Serve Someone
[ ] Day 24 Be a Blessing
[ ] Day 25 Share Your Testimony
[ ] Day 26 Thank God for Small Gifts
[ ] Day 27 Practice Generosity Intentionally
[ ] Day 28 Create an Atmosphere of Thanksgiving
[ ] Day 29 Build Your Memorial
[ ] Day 30 Make Thanksgiving a Lifestyle

What changed during these thirty days?

Continuing Thanksgiving

Return to Colossians 2:6-7. As you continue walking with Jesus, carry forward the journey of this booklet: remember God's goodness, appreciate the people He has placed in your life, practice thanksgiving in every season, and let gratitude become generosity. Choose practices you can sustain and return to them when your attention drifts.

My Continuing Practice

Daily: One simple practice of thanksgiving I will keep.

Weekly: One way I will express appreciation or generosity.

With others: One person or group with whom I will share this rhythm.

My Commitment

Lord, I choose to practice thanksgiving as I walk with You. Help me remember Your goodness, speak with grace, and share what I have received. In seasons of joy and seasons of waiting, keep my heart attentive to Your care.

Closing Prayer

Father, thank You for Your goodness and steadfast love. Thank You for salvation through Jesus Christ, for the people who have cared for us, and for Your mercy in ordinary days. Forgive us for overlooking Your gifts and withholding appreciation from others. Help us remember Your goodness, honor the people You have placed in our lives, and bring our sorrow and questions honestly before You. Sustain those who are grieving or waiting. Keep us rooted in Christ and attentive to Your word. Let gratitude become patient love, generous service, and faithful worship. May our homes and church reflect Your grace. In Jesus' name, Amen.