



# Thanks giving

**30-DAY  
GRATITUDE  
PRAYER GUIDE**



## Ready to make time in your day to show your thankfulness to the One who makes your day possible?

What if you awoke tomorrow morning with only the things you thanked God for today? Would that change how you prayed today?

I think most of us would agree that life is busier than it's ever been. With all the rushing and doing, it's easy to grumble and complain. It can become the new norm if we're not diligently seeking to live with a grateful heart.

For the next 30 days, let's break the cycle and challenge ourselves to purposefully set aside time to show our gratitude for all our Father has done and will do in our lives. Each day you'll pray a specific prayer of gratitude. Some days there will also be an opportunity for you to read a related article, or watch a short video. Other days you'll be encouraged to journal or write down your thoughts about a particular thankfulness related prompt. Every day will also have several verses for you to think about or pray over.

You can start this prayer challenge any day of the month, but it might be easier to start at the beginning of the month, just to keep track of the days. It's okay if you miss a day or two- life happens! If you do miss a day, you don't need to go back or start over. Just pick up with the corresponding day and, if you have time, you can go back to the days you've missed. You might want to bookmark this page to make it easier to come back to each day.

So what do you say? Willing to improve your gratitude attitude? Ready to make time in your day to show your thankfulness to the One who makes your day possible? Awesome!

Oh, one more thing—consider sharing this guide with an accountability partner or friend.

Let's get started!































