



# Gratitude Challenge



*Each day in November, take a few minutes to reflect on something for which you are grateful.*

- Day 1:** What are you thankful for today? *Give thanks in everything, for this is God's will for you in Christ Jesus. 1 Thessalonians 5:18 HCSB*
- Day 2:** Who are you thankful for today? *Every time I think of you, I give thanks to my God. Philippians 1:3 NLT*
- Day 3:** What's a moment in your life that you are grateful for? *And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. Colossians 3:15*
- Day 4:** What opportunities are you most thankful for having? *Indeed, everything is for your benefit, so that grace, extended through more and more people, may cause thanksgiving to increase to God's glory. 2 Corinthians 4:15*
- Day 5:** Who is someone you are thankful for because they make you laugh? *A cheerful heart is good medicine, but a crushed spirit dries up the bones. Prov 17:22 NIV*
- Day 6:** What past struggle are you thankful for? *And we know that God causes everything to work together[a] for the good of those who love God and are called according to his purpose for them. Romans 8:28*
- Day 7:** What is a luxury you are thankful to have? *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 ESV*
- Day 8:** What are some talents or gifts that you are grateful to have? *And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him. Colossians 3:17 HCSB*
- Day 9:** What memory from childhood are you most grateful for? *I have not stopped giving thanks for you, remembering you in my prayers. Ephesians 1:16 NIV*
- Day 10:** What is something that you saw or heard today that made you more thankful for your own life? *I know both how to have a little, and I know how to have a lot. In any and all circumstances I have learned the secret of being content—whether well fed or hungry, whether in abundance or in need. Philippians 4:12 HCSB*
- Day 11:** What was the best part of your day? *This is the day that the Lord has made; let us rejoice and be glad in it. Psalm 114:24*
- Day 12:** What are you looking forward to right now? *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Philippians 4:6 NLT*
- Day 13:** What was the last act of kindness that was done for you? *And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. Ephesians 4:32*
- Day 14:** Who is the most inspirational person in your life? How do they inspire you? *Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. 1 Timothy 4:12 NIV*

- Day 15:** What was the last prayer that the Lord answered for you? *I tell you, you can pray for anything, and if you believe that you've received it, it will be yours. Matthew 11:24 NLT*
- Day 16:** How has God changed your life in the past year? *And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. Philippians 1:6 ESV*
- Day 17:** What's a simple pleasure that you're grateful for? *Give thanks to the Lord, for he is good; his love endures forever. Psalm 118:29 ESV*
- Day 18:** What part of God's creation are you most thankful for? *When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him? Psalm 8:3-4 ESV*
- Day 19:** What makes you thankful for your spouse or family? *I thank God whom I serve, as did my ancestors, with a clear conscience, as I remember you constantly in my prayers night and day. 2 Timothy 1:3 ESV*
- Day 20:** What is a way that God has healed you? *Lord my God, I called to you for help, and you healed me. Psalm 30:2 NIV*
- Day 21:** What scriptures and promises of God are you most thankful for? *For the Lord is good; His mercy is everlasting, And His truth endures to all generations. Psalm 100:5 NKJV*
- Day 22:** In what ways are you grateful for the gospel and for Salvation in Christ? *Taste and see that the Lord is good. How happy is the man who takes refuge in Him! Psalm 34:8 HCSB*
- Day 23:** Reflect on how God has provided for your needs. *And my God will meet all your needs according to the riches of his glory in Christ Jesus. Philippians 4:19 NIV*
- Day 24:** Remember a time when God's presence was near, and you experienced Him in a fresh way. Reflect on how His presence impacted your life and what it meant to you. *It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed. Deuteronomy 31:8 ESV*
- Day 25:** What is one way God has blessed you that you're most thankful for? *And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work. 2 Corinthians 9:8 ESV*
- Day 26:** When was a time or season when you felt filled with the joy of the Lord? *Rejoice in the Lord always. I will say it again: Rejoice! Philippians 4:4 NIV*
- Day 27:** Describe a time when someone unexpectedly blessed you. *A generous person will prosper; whoever refreshes others will be refreshed. Proverbs 11:25 NIV*
- Day 28:** Is there someone at church whom you appreciate and who encourages you? *Therefore encourage one another and build each other up, just as in fact you are doing I Thessalonians 5:9 NIV*
- Day 29:** Reflect on a time when God protected you. *I give them eternal life, and they will never perish. No one can snatch them away from me, John 10:28 NLT*
- Day 30:** Reflect on God's mercy. *The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. Lamentations 3:22-23 ESV*