



30 day gratitude challenge

1. Take a brief walk outdoors and give thanks for God's creation.
2. Fill out two leaf cutouts at church sharing what you are grateful for!
3. Use kind and positive words today. (No negative talk.)
4. Do something thoughtful for a friend or co-worker.
5. Give thanks for your salvation through Jesus Christ. Reflect on how that gift transforms you.
6. Think about God's presence. Reflect on the ways God has walked with you.
7. Call an old friend or send an email.
8. Make a point to give 3 compliments today.
9. Reflect on the one thing you are thankful for that money cannot buy.
10. Spend time reading scripture today. Give thanks for the blessing of God's Word.
11. Spend time reflecting on how the Holy Spirit has been at work around you and others.
12. Say hello to your neighbor.
13. Write down a scripture verse that you find uplifting. Put it where you can see it each day.
14. Pray for your church and God's people. Give thanks for the community God has given you.
15. List 3 people (or more) you are thankful for.
16. Say aloud three good things that happened.
17. Thank God for His provision. How has God specifically provided for you?
18. Go a day without complaining.
19. Read Jeremiah 29:11. Give God praise for His love, purpose, and plan for your life.
20. Do a random act of kindness today.
21. Make an effort to smile today! (It can be contagious!)
22. Give thanks for the special ways in which God has created you. Remember you are God's masterpiece (Ephesians 2:10).
23. What is something that always makes you laugh? Reflect on the blessing of laughter in your life.
24. Think of something unique to be grateful for. Remember God is in both big and little blessings!
25. Think of something that God answered in a different - but better way than you expected.
26. Think of something comforting. How does God provide us with simple comforts?
27. Pray over people in your family. How might God be calling you to strengthen those relationships?
28. What is your favorite gift from God?
29. What is the biggest challenge you have overcome? How did God help you?
30. Reflect on areas you can show more gratitude in.