



SpirituallyHungry.com  
Presents:

Cultivate a  
Thankful Heart

# 1 Week Thankful Challenge

Spend a week with God growing a  
more thankful heart

## **What would your life look like if you were more thankful for everything that you have?**

Gratitude and thankfulness are a wonderful, holy and wonderful attribute, that has the ability to change everything in your life. When you begin to take on a thankful heart your perspective, thoughts and life changes.

Have you ever noticed that when you focus on the things you are thankful for instead of all the other distractions in your life, you feel freedom? If you have never experienced that liberty that comes from gratitude, that's why we created this challenge.

It is a discipline, to think in the way of gratitude, but it's not our nature to live in this stance. We live in a broken, fallen world where we are constantly sold on the idea of more, more, more.

However as a follower of Jesus, we have another reality available to us, and that reality is life with God.

Life lived with God should look different than life without Him!

But why is that? Well, it's because God gives His Spirit to us. The Holy Spirit resides in all believers and equips them to live life more meaningful and purposeful.

The Holy Spirit also makes God's power and love available to us at all times. But, if you are preoccupied with thinking about other things that distract you and erode your concentration on this wonderful gift...well you miss out on the most valuable thing in the universe that you already have.

And that's what this and quite frankly all of our Challenges are about at Spiritually Hungry.

So let us help you create a more thankful heart so that you can dive deeper into the love God has waiting for you to receive!

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A little bit about us and Spiritually Hungry

Hi, we're Alexis and Aaron and we are the creators and writers of [SpirituallyHungry.com](http://SpirituallyHungry.com). We are a married couple of 8+ years and have been best friends for 16+ years.

We're both professional Christian ministers and both are graduates of Denver Seminary holding Masters degrees in Christian fields.

Spiritually Hungry was birthed through lots and lots of prayer and conversation. We have had this on our hearts for years, we mean years!

We deeply believe that the work, ministry and life of Jesus Christ made profound impact in our world. We believe that Jesus changes everything. His love can radically change lives, as it has done and is doing so for each of us.

And we want to share our relationship with God with you! That's why we created this site and are crafting these Challenges. We believe there are many, many, many ways to connect with God.

That's what we are about. We want to help you connect to God in a way that suits you! A way that is creative, exciting and fun. Because we believe our God is all of those things.

So we wish you an amazing Challenge. We hope that its a week that brings forth much fruit in your life. But most importantly we hope that you deeply feel God's love and presence with you and your relationship with Him flourishes!

Thanks for taking the Challenge, we're so happy you are here with us!

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## Guidebook

In this guidebook, you'll be provided each day with:

- **Guiding Thoughts**
- **Scripture**
- **Daily Challenge**
- **A Daily Prayer**

We also have provided you with two worksheets, an entrance and exit worksheet to help you prepare and process the Challenge.

So best wishes with the Challenge, and we hope it helps you on your journey to a more thankful heart!

## Entrance Worksheet

#1 Why did you decide to take this Challenge?

#2 What are you hoping to get out of this Challenge?

#3 Is thankfulness something that comes easy for you or is it something you struggle with? Why do you think that is?

#4 Why do you think having a thankful heart is important?

#5 Do you think your life would be different if you were more thankful and if so why?

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Day 1

### **Thankful for Creation**

#### **Psalm 19** (The Message)

19 1-2 God's glory is on tour in the skies,  
God-craft on exhibit across the horizon.

Madame Day holds classes every morning,  
Professor Night lectures each evening.

3-4 Their words aren't heard,  
their voices aren't recorded,  
But their silence fills the earth:  
unspoken truth is spoken everywhere.

4-5 God makes a huge dome  
for the sun—a superdome!  
The morning sun's a new husband  
leaping from his honeymoon bed,

The daybreaking sun an athlete  
racing to the tape.

6 That's how God's Word vaults across the skies  
from sunrise to sunset,  
Melting ice, scorching deserts,  
warming hearts to faith.

7-9 The revelation of God is whole  
and pulls our lives together.  
The signposts of God are clear  
and point out the right road.  
The life-maps of God are right,  
showing the way to joy.  
The directions of God are plain  
and easy on the eyes.  
God's reputation is twenty-four-carat gold,  
with a lifetime guarantee.  
The decisions of God are accurate  
down to the nth degree.

10 God's Word is better than a diamond,  
better than a diamond set between emeralds.  
You'll like it better than strawberries in spring,  
better than red, ripe strawberries.

11-14 There's more: God's Word warns us of danger  
and directs us to hidden treasure.  
Otherwise how will we find our way?  
Or know when we play the fool?  
Clean the slate, God, so we can start the day fresh!  
Keep me from stupid sins,  
from thinking I can take over your work;

Then I can start this day sun-washed,  
scrubbed clean of the grime of sin.  
These are the words in my mouth;  
these are what I chew on and pray.  
Accept them when I place them  
on the morning altar,  
O God, my Altar-Rock,  
God, Priest-of-My-Altar.

**Guiding Thoughts:** God's creation is beautiful. Reading David's words in this Psalm illuminate the splendor and majesty of God and His creation. Here, David points the reader to see creation as the truth of God.

I don't know about you, but nature always bring about a sense of God's power, grace, truth and love to us. Heading out into nature is refueling and refreshing and something to be incredibly thankful for.

What would life be like without the gorgeous seas, the tall trees, the endless sky and the chirping birds? These are wonderful, great blessings God has bestowed upon the world.

**Challenge:** Your Challenge today is to spend sometime in nature. Take in all God has created. As you do, keep conversation with Him and a thankful heart.

**Prayer:**

*God, thank you so much for the beauty of this earth. Life is greatly and dramatically and because of what you have created. Thank you from the bottom of my heart for these blessings. Help me to see nature in new, more profound ways by recognizing you in what I see. Amen.*

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Day 2

**Thankful For God**

**Guiding Thoughts:** Read the following passages about God. Allow yourself to take in all of this Scripture about God. Try to really sink your thoughts into what you are reading, not just passively read.

**Psalm 107:1 (NIV)**

“Erupt with thanks to the Eternal, for He is good and His loyal love last forever.”

**Psalm 95:2-3**

“Come face-to-face with God, and give thanks; with loud and joyful voices, praise Him in songs. For the Eternal is a great God, and a great King, supreme over all gods.”

**Psalm 100:4**

“Go through His gates, giving thanks; walk through His courts, giving praise. Offer Him your gratitude and praise His holy name.”

**Psalm 106:1**

“Praise the Eternal! Thank Him because He is good and His loyal love will never end.”

**Psalm 118:1-8**

“Give thanks to the Eternal because He is always good. He never ceases to be loving and kind.

Let the people of Israel proclaim: "He never ceases to be loving and kind."

Let the priests of Aaron's line proclaim: "He never ceases to be loving and kind."

Let the people who fear the Eternal proclaim: "He never ceases to be loving and kind."

When trouble surrounded me, I cried out to the Eternal; He answered me and brought me to a wide, open space. The Eternal is with me, so I will not be afraid of anything. If God is on my side, how can anyone hurt me? The Eternal is on my side, a champion for my cause; so when I look at those who hate me, victory will be in sight. It is better to put your faith in the Eternal for your security than to trust in people."

**Psalm 105:1**

"Come, offer thanks to the Eternal; invoke His holy name. Tell other people about the things He has done."

**Psalm 75:1**

"We thank You, O True God. Our souls are overflowing with thanks! Your name is near; Your people remember and tell of Your marvelous works and wonders."

**Psalm 136:1-3**

"Let your heart overflow with praise to the Eternal, for He is good, for His faithful love lasts forever. Praise the True God who reigns over all other gods, for His faithful love lasts forever. Praise the Lord who reigns over all other lords, for His faithful love lasts forever."

**Challenge:** Spend some time reflecting on who God is to you and what He has done in your life. Possibly journal or speak with God about how thankful you are for Him.

**Prayer:**

*God, thank you for being You. You are amazing. Overwhelmingly amazing! You are so vast and comprehensive. Thank you for just who You are. Thank you for having a relationship with me, for loving me and carrying me through life. My life is deeply enriched and radically changed because of your presence and love. Thank you for everything You do and everything You are! Amen.*

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Day 3

**Thankful For Your Loved Ones**

**Guiding Thoughts:** We're not sure who is in your life. Maybe you have kids, a spouse, significant other, friends etc. But whoever is in your life that you cherish, is who we want you to be thankful for today.

**John 15:12-13 (NIV)**

12 My command is this: Love each other as I have loved you. 13 Greater love has no one than this: to lay down one's life for one's friends.

**Challenge:** Write down your loved ones name(s) on a piece of paper, allowing space to make a list under each name. Now, list all the things you are thankful for.

\*For an extra Challenge, share the list with them!

**Prayer:**

*God, Thank you so very much for those special people in my life. I am so fortunate to have these people and I thank you for who they are and how they have affected me. Help me to love them more like you love. Help me to appreciate them more. Help me to reflect you to them in everything that I do. Sometimes I take them for granted God and I don't like that. Help me to always treat them with unconditional love, the love that comes from you. Amen.*

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Day 4

**Thankful For Jesus' Ministry On Earth**

**Guiding Thoughts:** Jesus' ministry is profound. It has literally changed the world and offered a new reality to all those who believe in Him. Without Jesus' ministry there would be no hope.

**Ephesians 5:20 (NIV)**

And to give thanks to God the Father every day through the name of our Lord Jesus the Anointed for He has done.

**Challenge:** Your Challenge is to read John 13-17. We want you to step back into the life of Jesus and see a sampling of His ministry, life and love.

**Prayer:** *God, thank you so much for your revelation of yourself and your love as seen through your Son, Jesus Christ. My life has been deeply impacted by His ministry and sacrifice in this world. It's astonishing what Jesus has taught me and I am ever so thankful. Amen.*



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Day 5

**Thankful For Other Believers**

**Guiding Thoughts:** What would your life look like if no one spoke to you about God? What would it look like if no-one disciplined you, shared testimonies of God's power or taught you about who Jesus is?

**Philemon 1:4 (NIV)**

I am constantly thanking God for you in my prayers.

**Challenge:** Be thankful for those who have helped you grow closer to God, both directly in your life like a pastor, friends, family or a mentor. Also be thankful for Christian authors, speakers and leaders who have shaped your faith from afar. Spend sometime thinking about all of the people who have spoken the truth and love of God into your life.

**Prayer:** *God, Thank you for the work of Your people. Thank you that Your followers become your hands, feet and mouth in this world. Without other Christians, I wouldn't know you as well as I do, if at all. Thank you for the work of Your son, Jesus, who made this all possible. Amen.*

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Day 6

**Thankful For What You Have**

**Guiding Thoughts:** We all have been given much. There is ALWAYS something to be thankful for. However, we have the tendency to look at what we don't have instead of what we DO have.

**1 Thessalonians 5:18 (NKJV)**

In Everything, give thanks; for this is the will of God in Christ Jesus for you.

**Challenge:** Take sometime today and try to write out all of the things you do have in your life. Anything from shelter, to people, to attributes. We Challenge you to list as much as you can think of. Allow this to be a reflective and thankful time with God, being in conversation and thanksgiving as you craft your list.

**Prayer:**

*God, Wow I do have a lot to be thankful for. I often don't realize how much I do have. I look around and see all that I don't have and it fills me with stress, envy and angst. I don't want to live like this, God. This isn't what I am called to be, I am called to live in your loving arms with*

*you providing everything I truly need. Help me to fix my eyes on You and not what I think I need or want. Amen.*

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Day 7

### **Thankful In All Circumstances**

**Guiding Thoughts:** How might you be able to look at unpleasant and even hard circumstances in your life and become thankful? It's often easier to be thankful for the good things that happen, but what about the bad?

**Scripture:** Romans 8:28 states "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

And consider this: James 1:2-3 states "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance."

Everyone knows you learn from trials and mistakes, but do you know it recognize it during the trial? This is important because often times during trials, people lose faith.

It's not only the bad and good times you must learn to be thankful for, but also the ordinary, the boring times in life. The times where nothing really is happening. These too are important moments in your life and God can work a lot in these times.

Our circumstances are always shifting. They are always changing. One day things might be really terrible and the next you could have the most amazing day. Life is that unpredictable. What God is trying to teach you, us, is that He is the stable. He is unshakable. And not only is God stable and reliable He is working things together for your good. So no matter what comes across your plate, know that God is on your side, loving you. Here's where thankfulness in all circumstances starts.

**Challenge:** We want to challenge you today to make a list of 5 problems/mistakes and journal on each point about how you learned and how you grew from it.

Put yourself back into those situations and ask yourself during the time what did you think you would get from it and contrast that what you did get from it.

**Prayer:** *Dear God, I sincerely thank you that you are reliable in every way and at all times. The paths that I walk are often precarious and filled with dangers. Lord, help me to turn to you in the*

*joy and the sorrow, during safety and precariousness. I pray that I will find the intentionality in my life to seek your direction no matter what happens. Amen.*

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## Final Prayer

*God,*

*Thank you for this week. I am so appreciative on how you take my hand and guide me through heart change. You are so good to me. I ask for help carrying forth from this Challenge. Help me to continue to walk with you with a grateful heart. Help to remember how much I do have and to always find room for Thanksgiving.*

*Amen.*

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## Final Note

We hope that you had a great week and Challenge!

We at Spiritually Hungry have lots of ways to connect to God. We have created a lot of Challenges and you maybe interested in trying another one out. We would love to have you come by again! To check out our current challenges at [spirituallyhungry.com/challenges](http://spirituallyhungry.com/challenges).

### **Spiritually Hungry Challenges**

What would it look like if you devoted a period of time to working on a character trait or a discipline with God? Would your life change?

We believe so! By consciously working on attributes with God, we believe that your life will become different. Can you imagine if you took on more of God's character, how different things would be?

#### **Some of our past Challenges include**

Living In Joy

Working Through Change With God

Loving Your Spouse Through God's Definition Of Love

**You can find all of our Challenges at [spirituallyhungry.com/challenges](http://spirituallyhungry.com/challenges)**

### **Facebook Challenge Group**

In addition we have a Facebook group, Spiritually Hungry Challenges  
[www.facebook.com/groups/1051266348352753/](http://www.facebook.com/groups/1051266348352753/)

In our group, we come together and talk about the current Challenge and spiritual development. Being part of this group will also allow you access to bonus content such as devotionals, Christian encouragement and prayers.

### **Workshops**

We are currently developing workshops and anticipate having the first published on our site before you complete the Lent Challenge. Workshops intended to help you work through the problems you face everyday, and uncover new thought and direction for dealing with them. In addition, each Workshop takes no more than 30 minutes to complete! You can check the status of workshops at:

**[www.spirituallyhungry.com/christian-workshops](http://www.spirituallyhungry.com/christian-workshops)**

### **Spiritually Hungry Take Home Retreats**

We also have other retreats available for you. We are just starting this venture as of 2017 and more will be added throughout the year. But for now, we have 2 take home retreats.

#### **Take Home Retreats:**

##### **Self-Care**

It is crafted for the person who gives, and gives, and gives some more. You need a break and some rest. It's time to take care of yourself with God, spend three days resting, relaxing and refueling with God.

##### **Married Couple's Retreat**

Designed for any married couple. The theme is discerning where God is calling your marriage. This retreat is simple and nonthreatening. Designed by both of us, to ensure both genders would feel comfortable doing the retreat. We hope to help you take a small step in God's direction, moving from A to B, not A to Z. The retreat also has time during the weekend for you and your spouse to enjoy doing fun things together, of your choosing!

**You can find our retreats at [spirituallyhungry.com/retreats](http://spirituallyhungry.com/retreats)**

### **Articles**

Spiritually Hungry also has a lot of great posts on spiritual growth and development. We love to help people find ways to grow closer to God and one of those ways is through knowledge and truth.

**Some of our top posts are:**

How To Be The Light Of The World:

<http://spirituallyhungry.com/how-to-be-the-light-of-the-world/>

Why God Wouldn't Let Me Lose Weight:

<http://spirituallyhungry.com/weight-loss-with-god/>

20 Worship Songs For The Sad Heart:

<http://spirituallyhungry.com/20-worship-songs-for-depression/>

What To Think About Unanswered Prayers:

[http://spirituallyhungry.com/unanswered\\_prayers/](http://spirituallyhungry.com/unanswered_prayers/)

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Thank you again for participating and we hope we see you over at our website!

**There's still more! Your Exit Worksheet is on the next page!**

## Exit Worksheet

#1 How was this week for you? Stop and reflect about this week

#2 Did anything surprise you this week? If so what and why?

#3 Was this a difficult Challenge or did it come easier than you thought? Please explain below:

#4 Now that you've looked at thankfulness closer, this week, is there anyone that you know in your life who exemplifies thankfulness in a Godly way?

#5 In what ways do you believe your life will change if you can come to embody thankfulness more fully?