

SpirituallyHungry.com
Presents:

30 Day Gratitude Challenge

30 days to a more
Thankful Heart



Welcome to Spiritually Hungry's 30 Day Gratitude Challenge

Taking on a spirit of gratitude helps bring a wonderful outlook upon one's life. The antidote to grumbling and complaining is a thankful heart, and that is what this Challenge is all about!

When we can take on an outlook of gratitude, we begin to see God more clearly in our lives. Gratitude helps us see how things line up and truly fortunate we are despite our circumstances.

However, gratitude is a choice. It often does not come naturally or intuitively because grumbling is innate to us.

But it doesn't have to remain that way. With a little intentionality and guidance from God, you can become a person that better embraces gratitude in all circumstances.

In this Challenge, you'll find:

An Entrance Worksheet: p. 3

The questions in this worksheet will help you process how you presently think about gratitude.

The 30 Day Challenge: pgs. 4-15

Each day, you'll be provided with a reflection point and prayer prompt to help you turn to God.

An Exit Worksheet: p. 16

After completing the worksheet, you'll be asked to complete a final worksheet to process the Challenge, and to give you some ideas for moving forward with continuing practicing a life of gratitude.

If you follow this Challenge, we believe you'll come out the other side with a profoundly new appreciation of seeing things through a thankful lens. Can you imagine how your life might look differently if you were able to view things more gratefully? That's our hope for you in taking this Challenge!

Entrance Worksheet

#1 Why are you taking this Challenge?

#2 What do you hope to get out of this Challenge?

#3 What would you like to be different in your understanding and practice of living gratefully?

#4 What do you envision the fruit of gratitude would be for you?

#5 How do you see the God's presence in your life currently?

Day 1

Reflection:

Reflect on what being thankful really means in your everyday life, not just on holidays. How might your life be different if you became more thankful?

Prayer Prompt:

Speak with God about the virtue of thankfulness. Ask Him to help you develop a more thankful heart.

Day 2

Reflection:

Take some time today to think of the most important people in your life, those you interact with on a day to day basis. What is special about these people and how do they add to your life?

Prayer Prompt:

Turn to God with those people you just spent some time thinking about, and share your thoughts about them with the Lord. Offer thanksgiving and praise for these people in your life.

Day 3

Reflection:

Spend some time thinking about all that you have. Sometimes we have a hard time looking at others and thinking we do not have as much as they do, bigger houses, more money, better cars, etc. Viewing life through this lens robs you from seeing all that God has already provided for you.

Think about how much you have and for an extra challenge make a list of all the things you do have.

Prayer Prompt:

Now turn to the Lord and share with Him all you have uncovered. Thank Him for all that He has provided. Ask for help in becoming more aware and thankful for all that He has given you.

Day 4

Reflection:

Think back to your childhood or adolescence. Was there any adult(s) who really helped shape who you are today? Spend some time thinking about how your life might be different if they had not been in your life.

For an extra challenge, if you are able, reach out to them and share with them your thankfulness and the impact they had on your life.

Prayer Prompt:

God always provides people in our lives to help us. Speak with God about those adults who truly helped shape you; offer up thanksgiving for both them and for God using them in your life.

Day 5

Reflection:

Thankfulness is an attitude and a choice. Every day, moment by moment, we have the choice to choose gratitude. The flip side of thankfulness is grumbling, complaining or discontentment.

Where do you find yourself defaulting to more? Is it thankfulness or complaining? Spend some time thinking about your daily life, problems that you face, stressors and reflect on how your inner being reacts.

Prayer Prompt:

Ask God for help in always choosing thankfulness. This may seem like a hard, even impossible feat, but with God nothing is impossible. If you are persistent and rely on His guidance and strength, He will bring the fruit of Thankfulness into your life and your responses to situations.

Day 6

Reflection:

Nature is something that is always around us, even if we live in cities. Whether it is a tree or the magnificent ocean, God's glory is always on display. Spend some time reflecting on your favorite aspects of nature.

Prayer Prompt:

Now turn to God with your favorite parts of nature and thank Him for creating them for your enjoyment. Much about God can be learned through nature, speak with God about what He might be teaching you through His creation.

Day 7

Reflection:

Are there any children in your life, either family members or unrelated? How amazing children are and how innocent and infectious their spirits are! In Jesus' ministry, He teaches us that He loves the little children and calls all of us to be like them. Think about some amazing kids you know in your life, even if it's memories, and celebrate them.

Prayer Prompt:

Take those special kids you love and place them before the Lord. Celebrate who they are with God and how He created them. Speak with Him what you might learn from the little ones. Ask Him to help you see Him in all children.

Day 8

Reflection:

Technology is a wonderful aspect of our modern world. It keeps us informed and connected with an endless supply of resources and people. Think about technology for a few moments and how it has changed your life for the better. Because of technology, we can attend college from home, stay connected with loved ones no matter where we live, and have the ability to tap into many wonderful resources. Through a thankful lens, how has technology impacted you?

Prayer Prompt:

Today, instead of looking to the negatives that technology can bring, we are going to consciously celebrate the good technology has brought. Turn to God and talk to Him about the impact of technology in your life and thank Him for this endless resource. In addition, ask Him ways you can see technology in a more holy lens - a way that could glorify Him.

Day 9**Reflection:**

Friends are a wonderful part of life. Think about your friends, both currently and in the past. What made them so special. Recall your favorite memories and what they brought to your life. Think about how they impacted your life and what you are thankful for today about them.

Prayer Prompt:

Thank the Lord for your friends. Name them by name and pray over them, whether you are still in contact with them or not. Thank God for how they influenced your life for the better.

Day 10**Reflection:**

Recreation is something we all need as balanced human beings. Recall some of your favorite enjoyable moments in the past and think about how grateful you are for the enjoyment of these activities.

For an extra challenge, embark on your favorite recreation activity today, maybe invite your loved ones to join you.

Prayer Prompt:

In thanksgiving, speak with the Lord about your enjoyment of recreation. Simply spend time with God talking about what you like to do and offering a thankful heart for these activities. Speaking with God about simple things like this is part of our relationship with Him and something He enjoys from you!

Day 11

Reflection:

Spend some time reflecting on your work. Work comes in many forms, from taking care of your family to a paying job. Think about your work from a different lens than humans naturally think of and that different lens is thankfulness. What about your work can you be thankful for and how could you possibly grow into more gratitude for your work? It will drastically change your life.

Prayer Prompt:

Now talk to God about work. Whether you feel good about your work or not, bring it all before the Lord. Ask Him to help you grow deeper into gratitude for your work. Also, speak with Him about how your work can be more redemptive.

Day 12

Reflection:

Think about your Christian community and what goodness they bring to you. Imagine your life without these people and institutions, how might your life be different?

Prayer Prompt:

Offer up to God all those who are part of your Christian community, pray for the ministry and the individuals. Thank God for all He has provided you, in getting to know Him better through His people.

Day 13

Reflection:

Have you ever thought about your trials as blessings? Throughout the entire Bible, you can see that God brings many amazing things through trials and pain. It is because of the trial that Jesus Christ blamelessly endured that we have been rectified to God again and can have a relationship with Him.

Think about some of the trials you have faced in your life and reflect about what good has come from them.

Prayer Prompt:

Now turn to Jesus and talk to Him about what you have faced in your life. Ask Him to help you see, even more deeply, how He has brought good from the pain you have seen. Offer up gratitude for your challenges, and if that's too hard, simply speak to Him about the hurt you have faced and ask for healing.

Day 14**Reflection:**

Think about when you became a disciple of Jesus. Think about your life before following God and then recall your life now. Try to track how far you have come, not how far you still have to go. Imagine your life without God in it - what would it look like?

Prayer Prompt:

Turn to God with everything you have just thought of and share it with Him. Thank Him for all the good and love He has brought into your life. Spend some serious time praising and thanking God for His presence in your life.

Day 15**Reflection:**

Think about where you live. Whether you are happy where you live or not, try to think about all the good that comes from where you reside and where God has you.

Devotional:

Spend some time with God talking about where you live. Ask Him to open your eyes and heart even more to hope you can impact people with His love in your community. God will give you eyes for this, should you truly want it. Our relationship with God isn't just about our personal relationship with Him, but we are part of His plan of redemption for the world. Where you are at right now, you can be an active participant in His plan. Speak to Him about that and offer thanksgiving for Him placing you right where you are.

Day 16

Reflection:

Think about your natural gifting. Perhaps you are good at sports, crafts, talking to new people, public speaking, prayer, etc. Think about all the things that come easy to you and how they make you unique.

Prayer Prompt:

Thank God for how he created you and gifted you. Speak with Him about how your gifting can be used to bring God's love and goodness to others you interact with. Also, spend some time talking to God about how your life might be different if you didn't have these gifts, offer gratitude for these amazing gifts from God.

Day 17

Reflection:

Our bodies are designed for rest. When we do not get rest, we become cranky, irritable and lacking motivation to do anything. A well balanced person has rest. Think about rest in your life and what good it brings to you.

Prayer Prompt:

Thank God for rest. Speak with Him about how rest is beneficial to you and ask Him where you may need more rest in your life. Sometimes we are tired and worn thin because we don't recognize we are tired or we think we can't afford to stop. Ask for God's love and guidance for rest in your life, if you are doing too much or too little resting.

Day 18

Reflection:

Think about your family. What good has your family brought to your life? Sometimes, we have a natural inclination to think about the troubles our families have brought. Instead, for this exercise, try to think about all the good your family has given you.

Prayer Prompt:

Thank God for your family and speak with Him about all the good they have brought into your life. If there is healing needed, ask God to help your heart heal from the pain you have faced.

Day 19

Reflection:

Think about Jesus Christ. Jesus lived a perfect life all so that we could be reunited with God and that He could glorify the Father. Without Jesus, this world would look very different. Spend some time reflecting on Jesus' impact in your personal life. Imagine your life, if Jesus had not come and saved you.

Prayer Prompt:

Turn to Jesus and thank Him for all that He has done. Jesus didn't have to come to this world and save it, but He did. Spend some time talking to Him about how thankful you are for Him and what He has done in your life.

Day 20

Reflection:

Think about your health and what you are thankful for. Maybe your health isn't great, but think about what you still have, which is breath in your lungs. Try to think about all the things you take for granted with your health and become illuminated with thanksgiving for all you do have.

Prayer Prompt:

Turn to God and speak to Him about how grateful you are for your health. Maybe you do struggle with some health issues, and if so, bring this before the Lord and ask for healing. Thank Him for your life and how He created and sustains you.

Day 21

Reflection:

Do you ever think about laughter as something to be thankful for? Laughter is an amazing ability that we have. It calms situations, it breaks tensions and it provides a much needed outlet. How has laughter brought good to your life, what about laughter are you thankful for?

Prayer Prompt:

Talk to God about laughter and its benefits. Thank Him for this innate ability in all humanity to laugh. Celebrate with Him the fruit of laughter which is joy.

Day 22

Reflection:

Think back over your life and the mistakes you have made. What have you learned from your mistakes and what can you be thankful for as you look back?

Prayer Prompt:

Talk to God about how good can come from mistakes when we turn to Him. Offer thanksgiving that you are not the same person you were in the past. Speak with Him about how you can continue to grow closer to Him.

Day 23

Reflection:

Think about strangers who have helped you. People help us throughout our lives and sometimes we do not even know who they are. Try to recall at least one instance where a stranger has helped you.

Devotional:

Talk to God about the kindness of strangers and offer up thanksgiving. Pray specifically for the person or people who have helped you that you may have never known. If you can't recall who or when, simply tell God that and say that even though you may not remember, acknowledge God does and ask Him to bless those people today.

Day 24

Reflection:

How thankful are you for God's presence in your life? God is with us every moment of the day by the indwelling of the Holy Spirit in every follower of Jesus Christ. Spend some time reflecting on God's presence with you.

Prayer Prompt:

Speak with God about His Spirit with you. Talk to Him about how thankful you are for His Spirit with you at all times. Ask for a better awareness to this amazing reality.

Day 25

Reflection:

Think about your favorite things and how they bring you joy. Try to recall all the things that bring you joy and maintain a thankful heart. Imagine your life if you didn't get to enjoy these things and how bland it would become.

Prayer Prompt:

Thank God for all the enjoyment in your life and how certain things bring you joy. Ask God to help remind you that what you need is a little enjoyment when life becomes too stressful and hectic. Remember joy is a Fruit of the Spirit and one God bestows on His followers.

Day 26

Reflection:

Do you have people in your life that have weathered the storm with you? Think about those storms and those people and how you are thankful for them.

Prayer Prompt:

Thank God for those people and pray over their lives. Thank God for providing you stable people in some of your tough times. Ask God how you might be a beacon of stability for others who are going through storms.

Day 27

Reflection:

Have you ever been thankful for your brain? God made all of you, your mind included. He has given us complex and sophisticated brains that handle a lot of intricate material. God didn't design humanity to mindless robots, but rather a reflection of who He is. Think about your mind and all that it has equipped you to do and handle. What has it provided you that you are thankful for?

Prayer Prompt:

Thank God for how He created you, specifically the way He made your brain. Offer up thankfulness as He gave you a brain that can understand Him and this world. Speak with God about all the wonderfulness that has come from your brain and how it can be used to bring His love and goodness to others.

Day 28

Reflection:

Reflect on holidays and special times. What have they brought to your life, what are you thankful for from these times?

Prayer Prompt:

Speak with God about celebrations, holidays, special times. Offer thanksgiving for all that you hold dear during these times.

Day 29

Reflection:

Have you ever felt thankful for modern health care? Think about what health care looked like 500, 100, even 50 years ago. While health care isn't perfect, it is drastically better than what it used to be. Quality of life has greatly improved. How has modern health care benefited your life, both personally and through your loved ones?

Prayer Prompt:

Turn to God in thanksgiving for how health care has improved in our world. Often we take these very common attributes of our life for granted. Ask God to help you maintain an awareness of thankfulness for how lucky our society is for good health care.

Day 30 - Final Reflection

Reflection:

How thankful are you for time? We all have the same amount of time, but we all use it differently. It is a gift - every breath we breathe is a gift. Spend a moment thinking about time and what it means to you.

Prayer Prompt:

Thank God for the time you have already been given. It was a gift from Him and it is grace that we all are alive. Spend a moment speaking with Him about the use of your time and your appreciation of the gift He has given you. Ask Him to help you become more thankful for what He has given you.

Thank You

We hope your month was an amazing one, where you did grow closer to God. It is through devotion and discipline we draw closer to God. To be a disciple means to be disciplined and that is just what you accomplished this month.

It is our hope that you carry forth from this Challenge, continuing to practice a stance of gratitude. We pray that your life has been transformed by turning to God in thankfulness and living life with a thankful heart.

We have tons of other resources at spirituallyhungry.com to help you connect to God in new and exciting ways.

Thanks for taking the Challenge and we hope to see you over at our site soon!

(Exit Worksheet On Next Page)

Exit Worksheet

#1 Now that you've finished this Challenge, what was taking on the attitude of gratitude like for you?

#2 How might you incorporate more gratitude into your daily thoughts and routine?

#3 Did you notice anything change during your day, by thinking about thankfulness, example: find yourself reacting differently; more aware of God's presence with you all day, and so forth?

#4 How might you carry forth from this Challenge incorporating gratitude in your life?

#5 Did your relationship with God alter at all by focusing all month on a holy virtue such as gratitude?