

30 Days  
of  
Thanksgiving



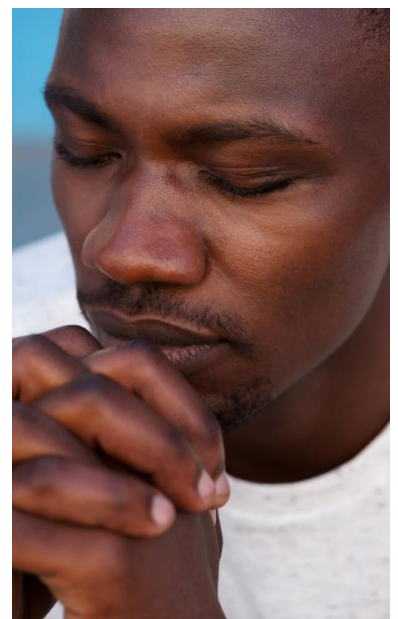
Write a prayer of commitment to pursuing Gratitude as a Way of Life.



Consider what GRATITUDE means and write one word or short phrase for each letter.

G  
R  
A  
T  
I  
T  
U  
D  
E

Spend time waiting on God and ask Him what you can be thankful for today ...



What parts of your body are you grateful for?



In each box write the things you are grateful for:

My Family ...

My St Mark's Family ...

My Friends ...

Creation ...

Other thoughts ...

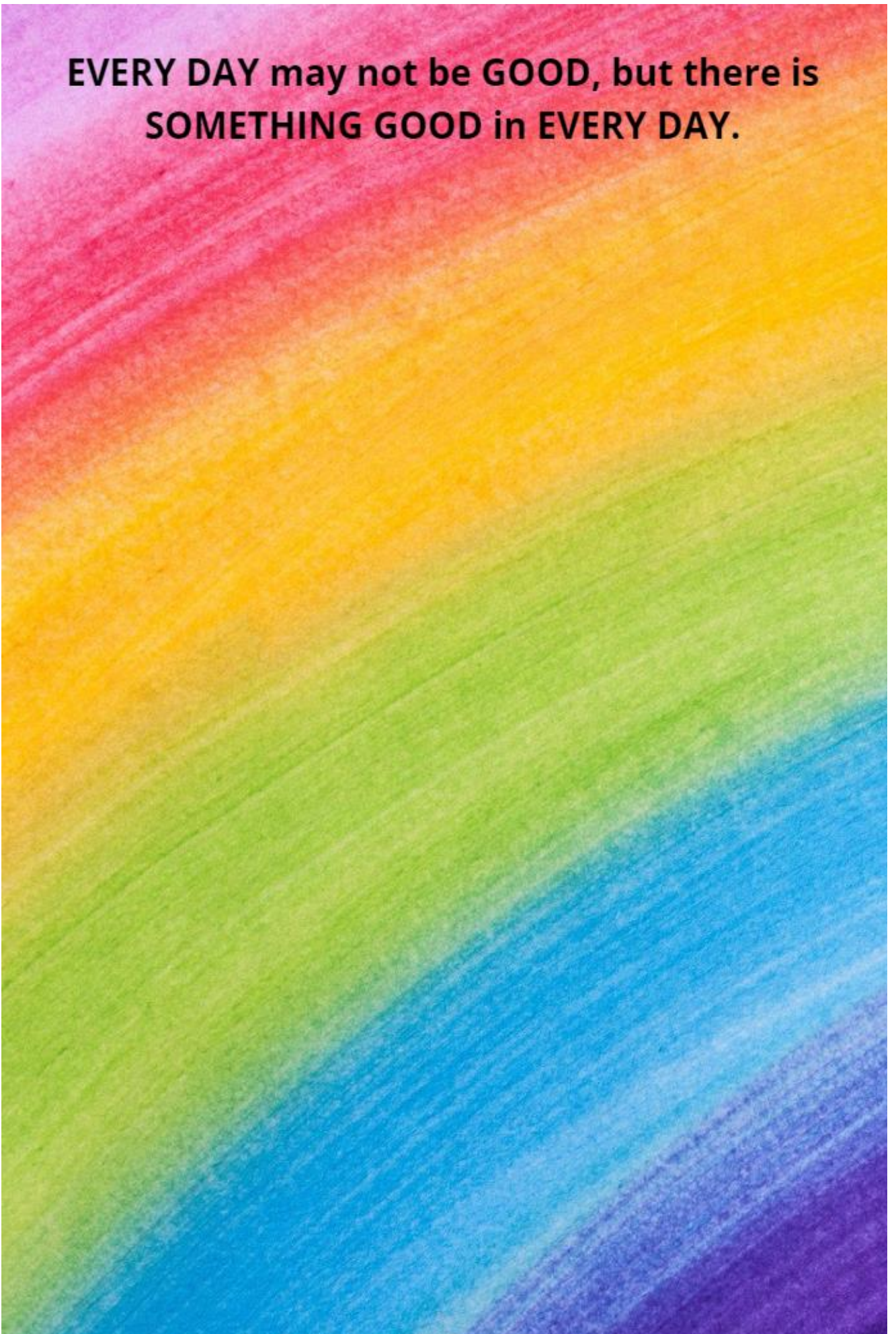


**Gratitude makes sense of our  
past, brings peace for today, and  
creates a vision for tomorrow.**


Melody Beattie

Use this quote to exercise your gratitude muscle today.

**EVERY DAY** may not be **GOOD**, but there is  
**SOMETHING GOOD** in **EVERY DAY**.







I will give  
thanks to you,  
Lord, with all my  
heart; I will tell  
of all your  
wonderful deeds.

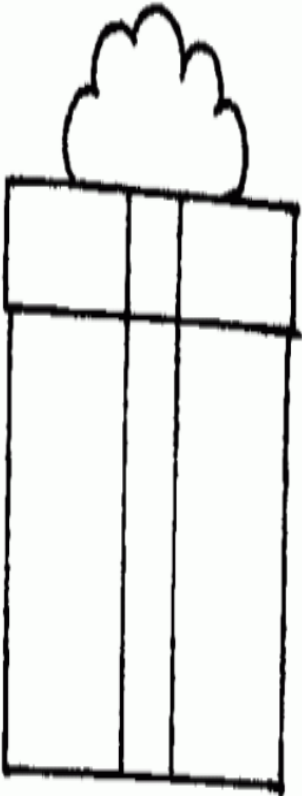
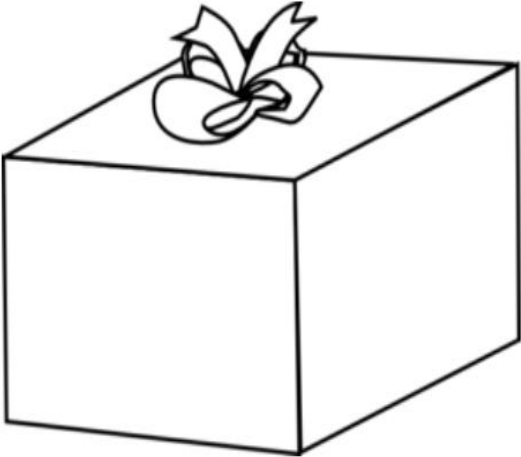
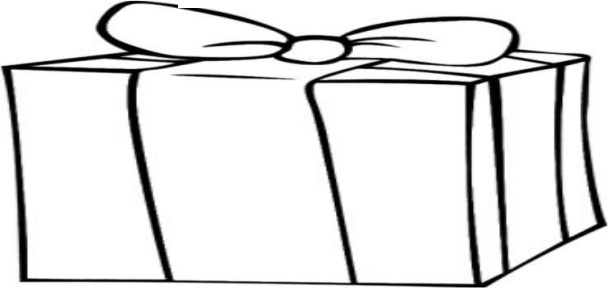
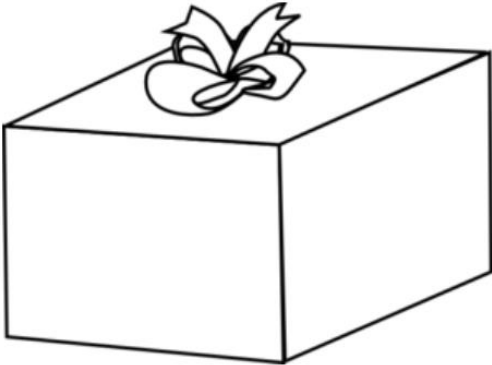
Psalm 9:1

Give **THANKS** to the LORD, for he is good;  
his love endures forever (1 Chron 16v34)

# Thanks be to GOD for his indescribable gifts.

2 Cor 9:15

Consider all the gifts the Lord  
has blessed you with



# GIVE THANKS for CREATION

Draw or write a poem or simply make a list of all the things you are grateful for in creation.



*Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

I Thessalonians 5:16-18

Note the verse says 'in' and not 'for all circumstances'.

*Draw an image of someone you are grateful for - in what ways have they brought blessing in to your life.*



*Take time to write to them and thank them for how they've influenced your life.*



**IT IS NOT HAPPINESS  
THAT MAKES US  
GRATEFUL, BUT  
GRATEFULNESS THAT  
MAKES US HAPPY**

Use this quote to strengthen your gratitude muscle today.

**But thanks be to God! He gives us the victory through our Lord Jesus  
Christ. 1 Cor 15:57**

Praise for victory over something in your life.



*God has blessed us with the ability to feel and experience an abundance of different emotions. Can you write your own A-Z of how gratitude, both expressed and received, makes you feel. (You're allowed to make up some words or use a variety of languages)*

**A**

**B**

**C**

**D**

**E**

**F**

**G**

**H**

**I**

**J**

**K**

**L**

**M**

**N**

**O**

**P**

**Q**

**R**

**S**

**T**

**U**

**V**

**W**

**X**

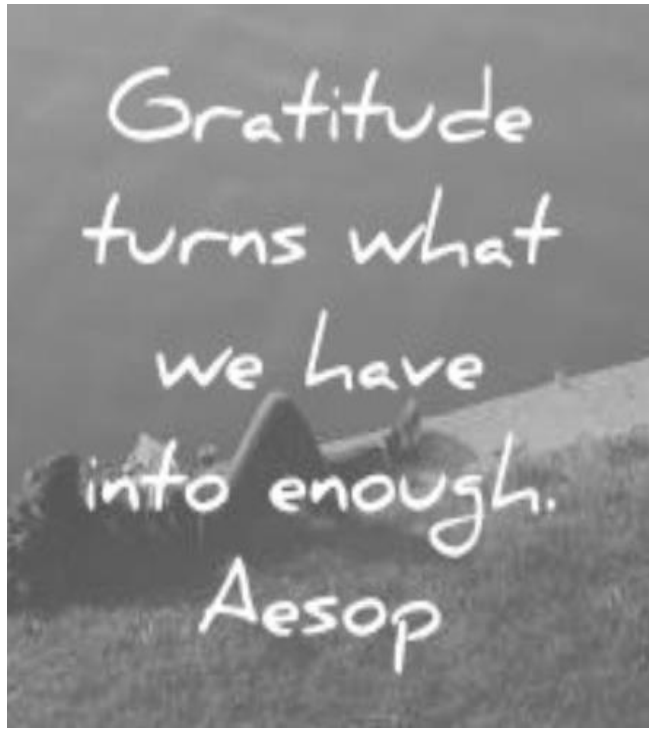
**Y**

**Z**

Read Nehemiah 12:27-43, the dedication of the walls of Jerusalem. Dedicate or re-dedicate some aspect of your life to God (finance, time, words, attitudes, etc)



*Have you learned something new in the past week, month or even year? In a picture, poem or a simple prayer, express your gratitude to God.*



Use this quote to inspire the gift of gratitude.



*I have not stopped  
giving thanks for  
you, remembering  
you in my prayers*  
Ephesians 1:16

Who do you want to give thanks for today? Why not write, email or text to tell them. Social media is quick and easy but why not write a 'real' card!!

# Mindfulness

The more we exercise our gratitude muscle the more mindful we become of all that's around us. Look around you and list as many things as you can that you are grateful for today.



*Give thanks today for what is  
and let go of what isn't!*

*Think of someone you find difficult and ask the Lord to show you things you can be grateful for about that person.*

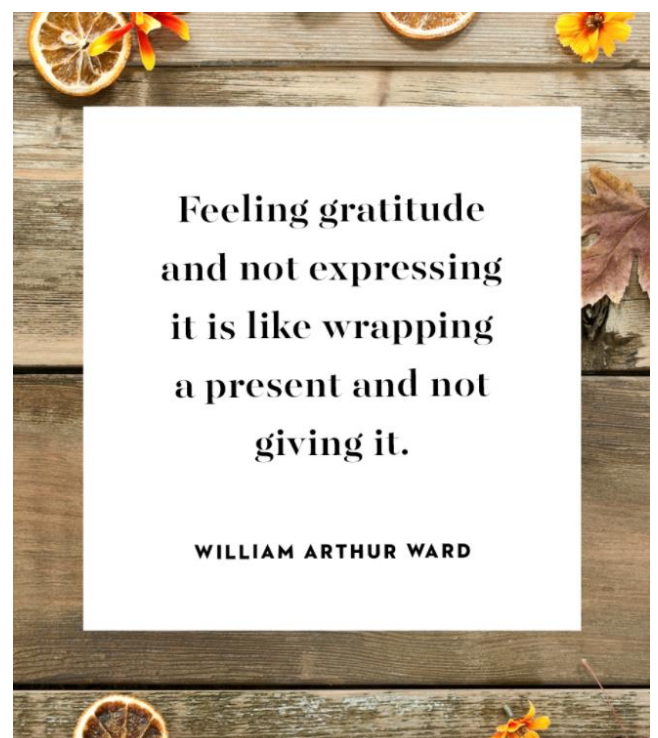






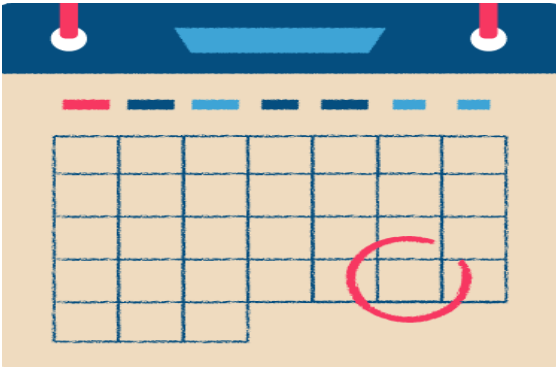
What is the best piece of advice you have ever been given?  
In what ways are you grateful for that advice?

Use the quote below to practise your Gratitude Gift.



Memories are a wonderful gift from God. Spend time today revisiting some happy memories and give thanks for them below.





Give thanks for your favourite day or time of the week.  
Why is that day/time so special to you?

**BE** YOURSELF

**ACCEPT** YOURSELF

**VALUE** YOURSELF

**FORGIVE** YOURSELF

**BLESS** YOURSELF

**EXPRESS** YOURSELF

**TRUST** YOURSELF

**LOVE** YOURSELF

**EMPOWER** YOURSELF

Be grateful today for who God has made you to be!!

**JOY**  
is the simplest  
form of gratitude

Make a list of all the things that bring you joy.  
Who knows you might run out of paper.

Today, we draw to the end of our 30 Days of Thanksgiving.  
Take time today to consider how you will continue to walk in Gratitude  
as a Way of Life. Write a prayer of commitment.

