

30 Days  
of  
Thanksgiving



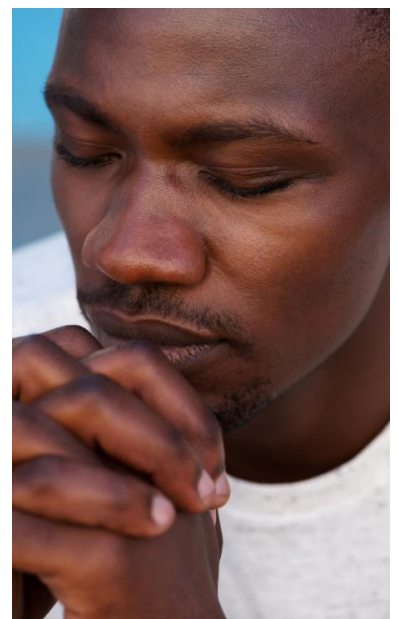
Write a letter or prayer of commitment to pursuing Gratitude as a Way of Life.



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

G  
R  
A  
T  
I  
T  
U  
D  
E

Spend some time in quiet contemplation, considering 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 Church or Faith Family ...

My Friends ...

Creation ...

Other thoughts ...



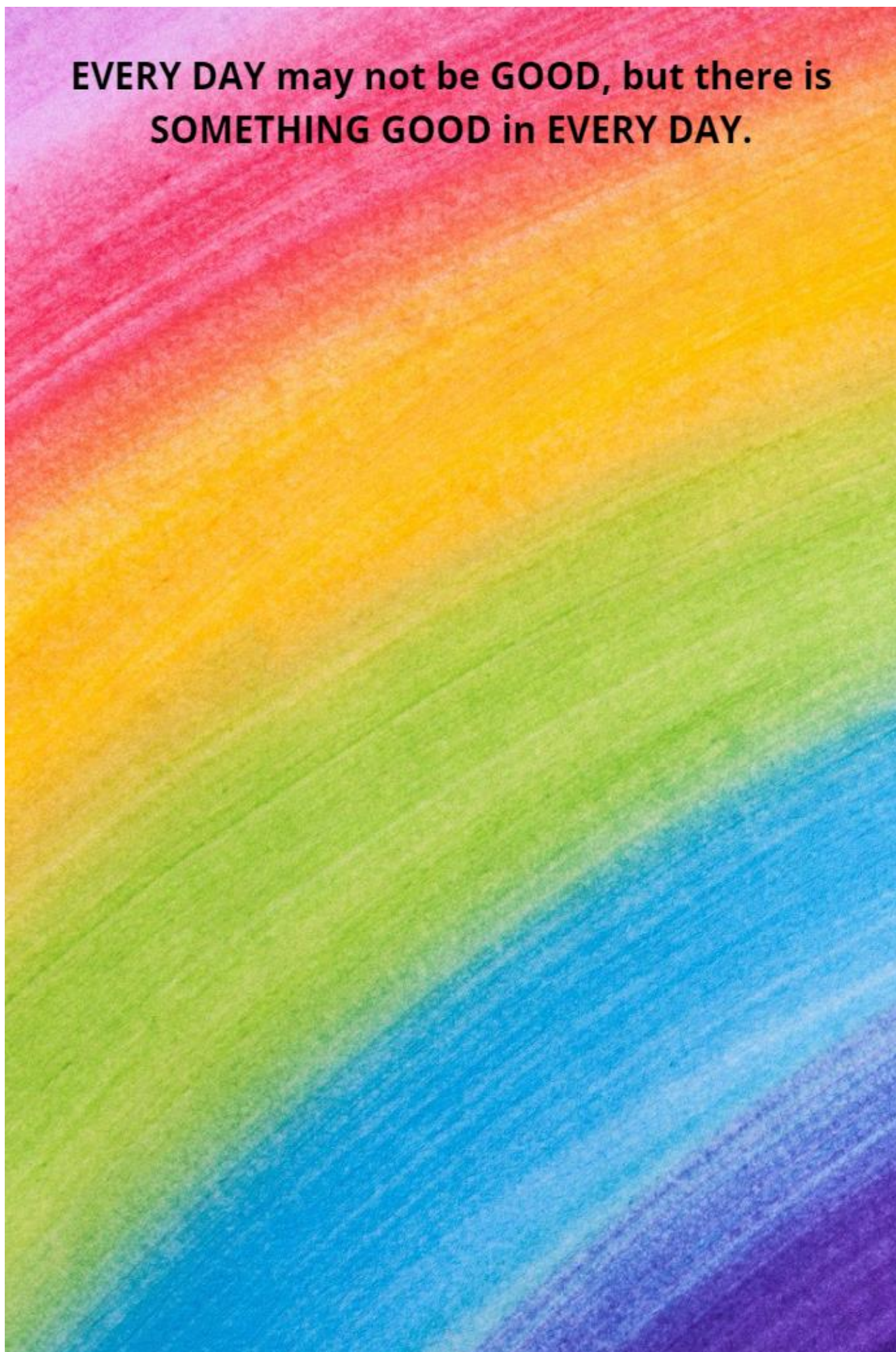
**Gratitude makes sense of our  
past, brings peace for today, and  
creates a vision for tomorrow.**

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**.







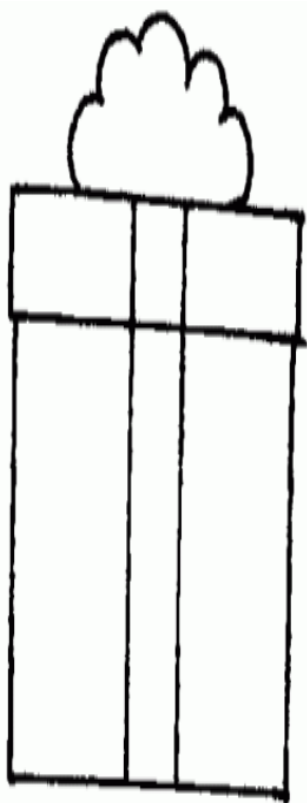
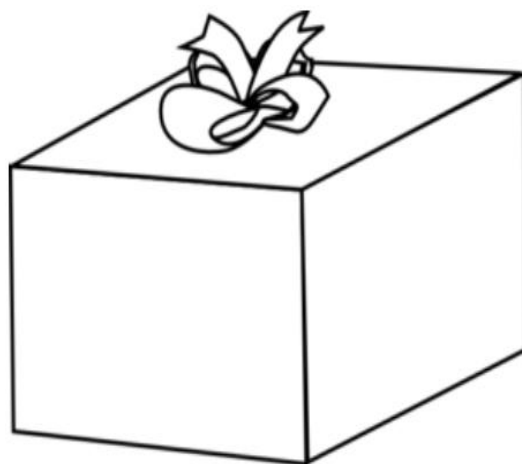
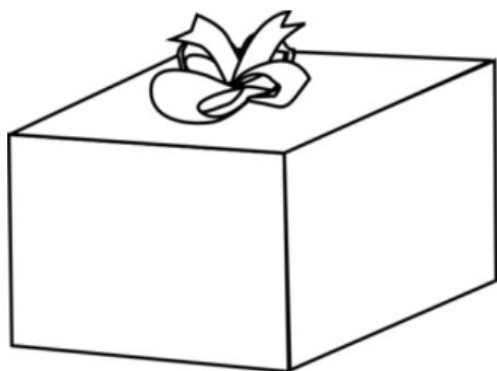
I will give  
thanks to you,  
Lord, with all my  
heart; I will tell  
of all your  
wonderful deeds.

Psalms 9:1

**Can you fill this Gratitude Jar?** *Why not find an actual jar and throughout the year fill it with little notes of all the things you are grateful for. Review it at the end of the year.*



**Give thanks for all the wonderful gifts in life.**



# GIVE THANKS for CREATION

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



*Sometimes we are faced with the choice to give thanks not  
FOR all circumstances, but DESPITE all circumstances.*

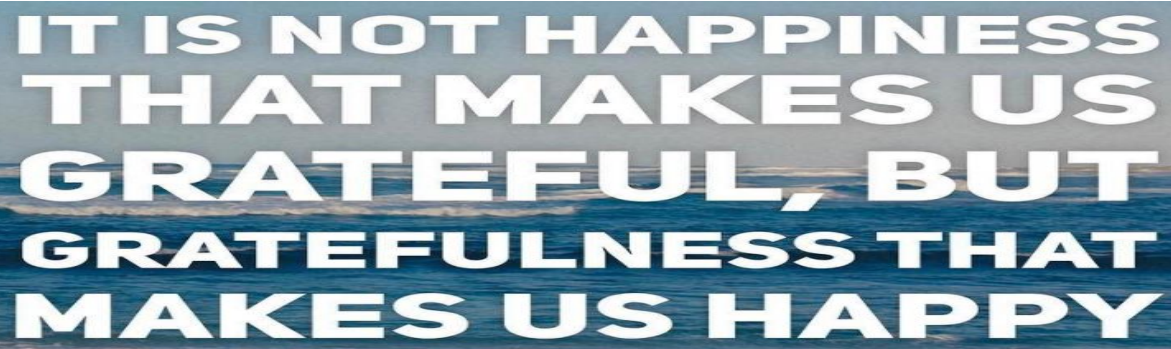
*What does that mean for you today?*



*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.*

A rectangular image with a background of a beach and ocean. The text is overlaid in white, bold, sans-serif capital letters. The quote is: "IT IS NOT HAPPINESS THAT MAKES US GRATEFUL, BUT GRATEFULNESS THAT MAKES US HAPPY".

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

Use this quote to strengthen your gratitude muscle today.

Can you give thanks today for something you have known  
victory over - *whether big or small.*

*We have been blessed 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 words from your own language)*

*A*

*B*

*C*

*D*

*E*

*F*

*G*

*H*

*I*

*J*

*K*

*L*

*M*

*N*

*O*

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*T*

*U*

*V*

*W*

*X*

*Y*

*Z*

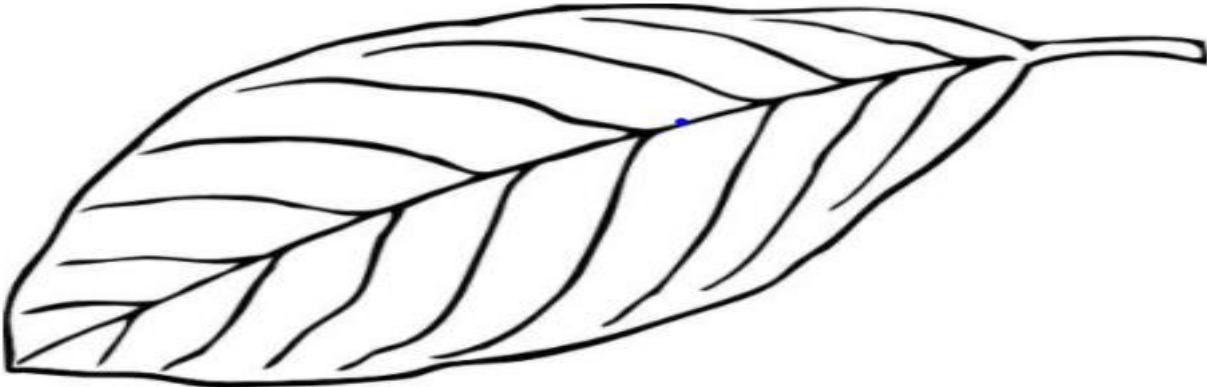
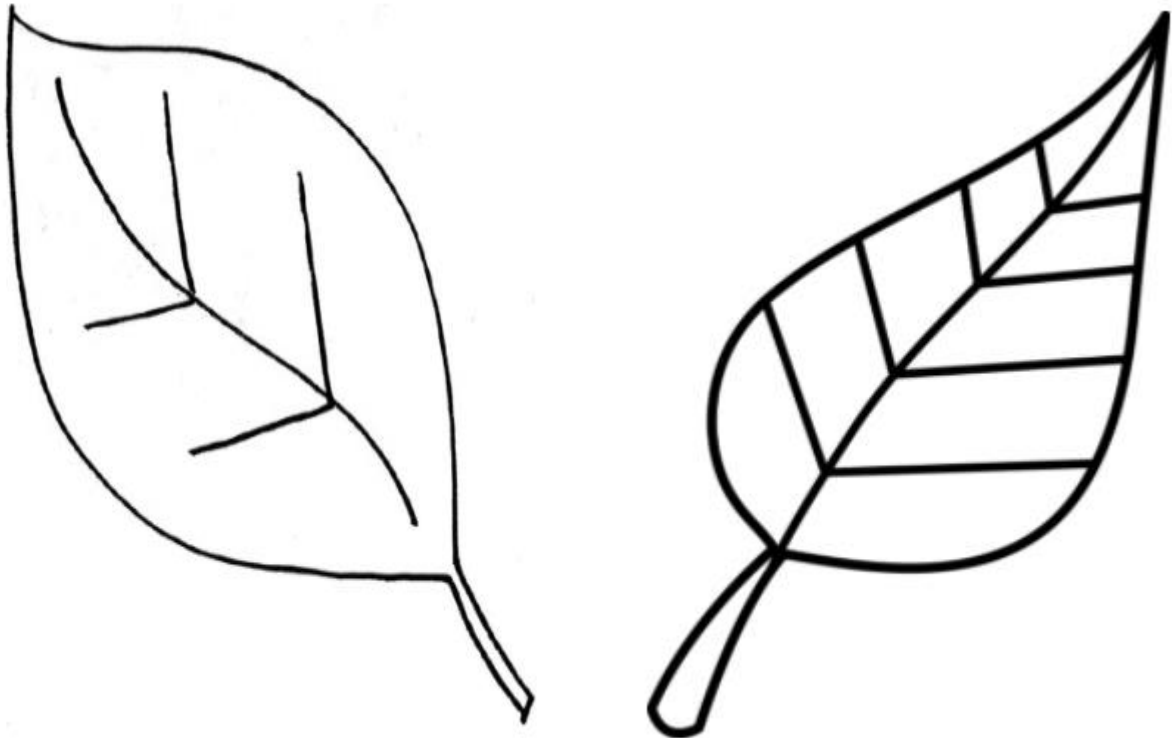
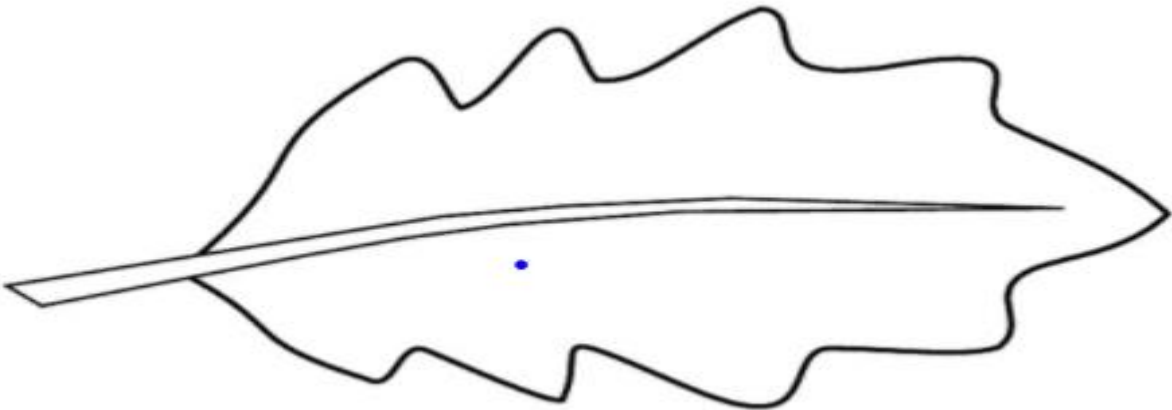
*Have you learned something new in the past week, month or even year? In a picture, poem or a simple prayer, express your gratitude to God.*

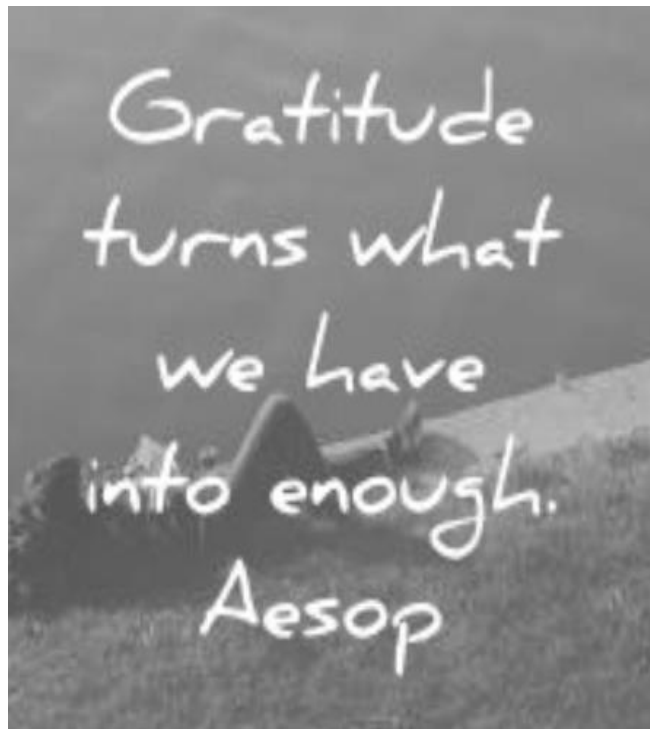


*Think of someone you find difficult – consider carefully what things you can be grateful for about that person.*



Another day to express your gratitude for creation.





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!!



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. *Maybe you'll run out of paper!!*



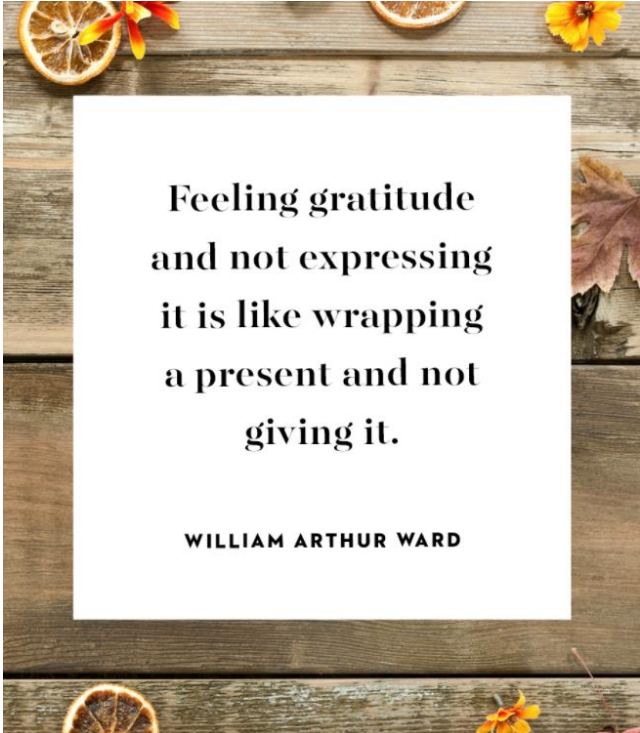


*Give thanks today for what is  
and let go of what isn't!*



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.

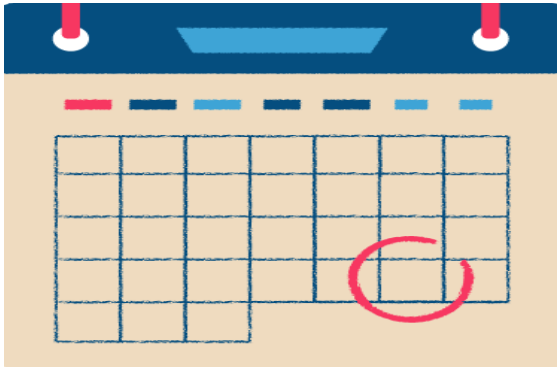
A wooden surface, possibly a table, is decorated with several orange slices and autumn leaves. In the center, there is a white rectangular box containing a quote in black text.

**Feeling gratitude  
and not expressing  
it is like wrapping  
a present and not  
giving it.**

**WILLIAM ARTHUR WARD**

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 letter or prayer of commitment.

