



30 Days Thankful



In this season of thanksgiving, cultivate the spiritual practice of gratitude. Reflect on each day of November—from your getting up in the morning to your lying down in the evening with a lens of gratitude. Use this booklet to guide you through and to thankfulness. Use the prompt in bold each day to reflect on the multitude of thanksgivings in our lives.

Sunday, November 1

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us. —Hebrews 12:1

Today is All Saints' Day, a day that we remember the Saints (people who have been especially faithful) and saints (all the faithful) who went before us.

Who are the S/saints you are thankful for?

Monday, November 2

Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change. —James 1:17

Name a gift you've been given by God.

Tuesday, November 3

They will not hurt or destroy on all my holy mountain; for the earth will be full of the knowledge of the Lord as the waters cover the sea." -Isaiah 11:0

Today is Election Day. As we choose our government leaders, pray that they would be filled with the knowledge that makes for peace, justice, and wholeness.

What movements, liberties, or leaders are you thankful for today?

Wednesday, November 4

Praise the Lord! Oh give thanks to the Lord, for he is good, for his steadfast love endures forever! —Psalm 106:1

What are you thankful for today?



Thursday, November 5

“Silent gratitude isn’t very much use to anyone.” —Gertrude Stein

Tell someone you love what you are grateful for about them.



Friday, November 6

I thank my God always when I remember you in my prayers.

—Philemon 1:4

Who is part of your community? How are you thankful for them?

Saturday, November 7

“We often take for granted the very things that most deserve our gratitude.”

—Cynthia Ozick

What everyday things are you grateful for?

Sunday, November 8

That my glory may sing your praise and not be silent. O Lord my God, I will give thanks to you forever! — Psalm 30:12

We give offerings of money, time, and talents to the church because God has given us all that we have. Giving these gifts is a way to say “thank you” to God.

What can you offer to God today and in the coming year?

Monday, November 9

Scan the QR code on your mobile device or go to bit.ly/TYSong to listen to a song about thankfulness.



What does this song inspire you to give thanks for?

Tuesday, November 10

Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

—1 Thessalonians 5:18



It's not always easy to give thanks in all circumstances, especially when things go wrong. **Even when things are hard, what can you find to be thankful for?**

Wednesday, November 11

November 11, or what has come to be known as Veterans Day, was originally set as a US legal holiday to honor Armistice Day - the end of World War I, which officially took place on November 11, 1918. President Woodrow Wilson honored the first commemoration of Armistice Day with the following words:

“To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations...”

In 1954, Congress, at the urging of the veterans service organizations, struck out the word “Armistice” and inserted the word “Veterans.” With the approval of this legislation on June 1, 1954, November 11 became a day to honor American veterans of all wars.

Do you know any veterans to give thanks for? A few ways you can show your thanks to veterans are to attend a Veterans Day event, fly the American flag, ask someone about their service, or write a card (if you don’t know anyone to mail it to, a local nursing/retirement home is a great choice).

Thursday, November 12

Thanks be to God for his inexpressible gift! —2 Corinthians 9:15

As Christians, we are especially thankful for the gift of Jesus Christ our Lord. **Give thanks for Jesus today!**

Friday, November 13

“If the only prayer you ever say in your entire life is thank you, it will be enough.”

—Meister Eckhart

Aside from saying the words “thank you” to God and/or others, what are other ways you can show your thanks?

Saturday, November 14

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. —Philippians 4:6

What are you thankful for today?

Sunday, November 15

For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving. —1 Timothy 4:4

Find something to give thanks about that you normally wouldn't.

Monday, November 16

And now we thank you, our God, and praise your glorious name. —1 Chronicles 29:13

What is your favorite name for God? How does it help you give thanks?

Tuesday, November 17

“Joy is the simplest form of gratitude.” — Karl Barth

Where do you find true joy?



Wednesday, November 18

Do you know the song “Give Thanks With a Grateful Heart”? Listen to it using the QR Code or this link: bit.ly/GTsong



What thanks does this inspire in you today?

Thursday, November 19

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. —1 Thessalonians 5:16-18

What are you grateful for today?

Friday, November 20

On the way to Jerusalem Jesus was going through the region between Samaria and Galilee. As he entered a village, ten lepers approached him. Keeping their distance, they called out, saying, ‘Jesus, Master, have mercy on us!’ When he saw them, he said to them, ‘Go and show yourselves to the priests.’ And as they went, they were made clean. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice. He prostrated himself at Jesus’ feet and thanked him. And he was a Samaritan. Then Jesus asked, ‘Were not ten made clean? But the other nine, where are they? Was none of them found to return and give praise to God except this foreigner?’ Then he said to him, ‘Get up and go on your way; your faith has made you well.’ —Luke 17:11-19

Often are we like the nine lepers-made-clean who forget to give thanks. It is easy to forget to give thanks, but it only takes a moment to pause and express our gratitude. **Is there anything you are forgetting to thank God for?**

Saturday, November 21

“Feeling gratitude isn’t born in us - it’s something we are taught, and in turn, we teach our children.” — Joyce Brothers

What can you teach about gratitude?



Sunday, November 22

O give thanks to the Lord, call on his name, make known his deeds among the peoples.
— 1 Chronicles 16:8

How can you share your thanks for God with others? Who can you share it with?

Monday, November 23

“The hardest arithmetic to master is that which enables us to count our blessings.”
—Eric Hoffer

Try counting up your blessings. **What number do you reach?**
Can you think of one more? Two?



Tuesday, November 24

And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. — Colossians 3:15-16

How are we changed if we have both Christ and thankfulness in our hearts?

Wednesday, November 25

“When you are grateful - when you can see what you have - you unlock blessings to flow in your life.” — Suze Orman

Have you noticed any change over the last 24 days of thanksgiving? Is there more or less to be grateful for in life today compared to November 1?

Thursday, November 25

The one who observes the day, observes it in honor of the Lord. The one who eats, eats in honor of the Lord, since they give thanks to God. —Romans 14:6a

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In this verse, Paul is talking about sharing Holy Communion. Isn't any meal shared at the Thanksgiving table a type of communion? **What are you thankful for today?**



Friday, November 27

"When you practice gratefulness, there is a sense of respect toward others."

—Dali Lama

How can you see these words in your own life?

Saturday, November 28

So that my soul may praise you and not be silent. O Lord my God, I will give thanks to you for ever. — Psalm 30:12

If we give thanks daily, our praise multiplies. What are you thankful for?

Sunday, November 29

Holy, holy, holy, the Lord God the Almighty, who was and is and is to come.

—Revelation 4:8b

Sometimes we give thanks and sing praise just because God is. **How do you offer this kind of thanks?**



Monday, November 30

The Doxology is a song of praise that's included in many church services. It even starts with the words "praise God." There are many versions of the Doxology, and it makes a good mealtime prayer.

Listen to it here: bit.ly/DSong

Sing the doxology with your family if you know the words.

