



THANKFULNESS CHALLENGE

A 10 DAY CHALLENGE ON THANKFULNESS

*"Giving thanks always and for everything to God the Father
in the name of our Lord Jesus Christ." Ephesians 5:20 NIV*

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INTRODUCTION

A 10 DAY CHALLENGE ON THANKFULNESS

Thankfulness is something I have really struggled with this year. Honestly, I'm not sure why. Life has not been especially more difficult this year. Busier? Yes. crazier? Oh, yeah. But, truly difficult? No, not really. But yet, I've found myself lacking gratitude- which just makes everything feel so difficult.

I'm ready for a change.

Are you?

Being thankful isn't just a nice thought during Thanksgiving. It's not just a cute idea to count our blessings or have something to talk about around the dinner table. It's a spiritual discipline that truly has life-changing ability! As we move our focus off of our circumstances- even if we're not facing anything particularly "difficult"- and focus on Jesus, our lives can be changed. Choosing to see things to be thankful for opens up our eyes to see Jesus here and now. It helps us to see beyond these temporal problems and onto the joy of the eternal.

And maybe most importantly, it's an act of worship to God. If we live from a standpoint of worship, we stop exalting ourselves and stop putting the focus on what we're going through and back onto glorifying God.

So, are you in? Ready to begin ten days, just ten days of choosing thankfulness? My prayer is that it becomes more than just ten days, and begins a lifestyle of giving thanks.

Let's dive right in!





WHAT TO EXPECT FROM THIS CHALLENGE:

Each day will include:

a daily verse, short devotional and the day's challenge. It's my prayer that each day will bring you to Scripture, to the heart of God, and to a place of thankfulness. This is a learning process and we're all on the journey together!

Other bonus items for this challenge include:

A praise and worship playlist specifically focused on thankfulness.

Additional scriptures to enhance your study

A Gratitude Worksheet

Gratitude Prompts





DAY 1

TODAY'S VERSE:

"Be still and know..." Psalm 46:10

Are you constantly rushing from one thing to the other? Do you feel like you barely have time to breathe? Yeah, me too! It's this fast paced, jam packed schedule that causes me to miss out on so many moments I could savor. An answer to prayer. A beautiful sunset. A surprise smile from my child. It's all too easy to miss out on the many things that can bring us gratitude because we don't make ourselves still.

TODAY'S CHALLENGE:

How can you get still before the Lord? It may be waking up a few minutes earlier every morning or going on a walk by yourself. Use the space below to list an action plan for being still before the Lord.





DAY 2

TODAY'S VERSE:

"Be anxious for nothing but in everything by prayer and supplication with thanksgiving let your requests be known to God." Philippians 4:6 NIV

Anxiety tends to cloud our minds by keeping us focused on what could happen or on what we think we still need. Once our focus is on thankfulness instead of worry, our entire attitude can change. Life can become sunny and bright rather than clouded by fear and worry. Whenever you begin to feel anxious, stop and begin to list what you are thankful for. Gratitude tends to send anxiety packing.

TODAY'S CHALLENGE:

What are you anxious about today? Lift it up to God in prayer. Ask Him to help you release it to him and accept His peace.





DAY 3

TODAY'S VERSE:

"Give thanks to the LORD, for he is good; his love endures forever." Psalm 107:1 NIV

God is good; it's the essence of who He is. Our thankfulness should come from knowing that this goodness is never going to change! He will always be good and always has been. We are the receivers of His goodness and of his love that never ends.

TODAY'S CHALLENGE:

Use the space below to make a list of five ways you see the Lord's goodness in your life.





DAY 4

TODAY'S VERSE:

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

When was the last time we really stopped to give thanks for the people that are in our lives? Day to day hustle can keep us from realizing just what a gift they are. Paul is letting his people know right away that he hasn't stopped giving thanks for them. What an encouragement that must have been to them! Who are your people? In what ways can you be an encouragement to them? Turning our eyes to their needs and struggles can help take the blinders off of our own eyes.

TODAY'S CHALLENGE:

Use the space below to make a list of five people you are thankful for. Choose one of the people you listed and send them a quick thank you note or text. Be intentional in praying for them this week.





DAY 5

TODAY'S VERSE:

"One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus's feet and thanked him- and he was a Samaritan."

Luke 17:15-16 NIV

In this story, Jesus healed ten men from leprosy. They had asked for his help, he agreed, and sent them on their way. All ten were healed, but only one came back to thank Jesus. Only one! Let us not be the other nine who didn't give thanks; let's be the one!

TODAY'S CHALLENGE:

Use the space below to thank God now for any healing he has brought to your life.





DAY 6

TODAY'S VERSE:

"Devote yourselves to prayer with an alert mind and a thankful heart." Colossians 4:2 NLT

We know that we should keep the lines of communication open with God and let our requests be known to Him. This verse tells us that we should do so with an alert mind and a thankful heart. Why? For one thing, keeping our mind alert keeps us focused. We can be aware of when grumbling and complaining begin to happen in our lives, and stop it right away. Secondly, if we aren't thankful for the things we've already received why should we expect more?

TODAY'S CHALLENGE:

Think back on prayers that God has answered for you. Use the space below to thank God for answered prayers in your life. As a bonus challenge, begin recording answers to prayer in a journal and read through it frequently.





DAY 1

TODAY'S VERSE:

"Therefore I will praise you, LORD, among the nations; I will sing the praises of your name." 2 Samuel 22:50 NIV

How often do you praise the Lord? Not just in worship service on Sunday morning, but in your everyday life, how often do you sing His praises? The Bible tells us that God inhabits the praises of His people (Psalm 22:3). Want to get your mind off of a bad day or a tough situation? Start singing praises. Turn on your favorite praise songs and start singing!

TODAY'S CHALLENGE:

Check out the Thankfulness Worship list included in this challenge guide. Or create your own! Listen and lift up praises to the Lord!





DAY 8

TODAY'S VERSE:

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

Psalm 9:1 NIV

Often times we tend to hold back from telling about the blessings we receive. Perhaps we don't want to brag or maybe we wonder if that was really the Lord's blessing. But one way to give thanks to the Lord is to share our thankfulness with others. It allows us to stay in the moment of gratitude and it also doubles our joy as we share what God has done. It brings the instance to mind as we talk about it and we're able to savor the memory. So, don't be shy. Let's eagerly and joyfully share. Let's not hold back. Let's tell of all his wonderful deeds!

TODAY'S CHALLENGE:

Using the space below, list the first thing that immediately comes to mind when you ask yourself the question, "What's one thing you are thankful for?" Commit to joyfully sharing with others about how thankful you are for it, giving credit to the Lord for it.





DAY 9

TODAY'S VERSE:

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:18 NIV

Do we really have to be thankful for ALL circumstances? Even the really difficult ones? Let's take a look at how this verse is written. We tend to get really caught up in that word: "all". But I think the key here is that it says "in" not "for." We can be thankful "in" the circumstance because God is with us and He doesn't waste any situation. When we begin to look at our lives through the lens of God's sovereignty, we can begin to be thankful that He is in control. This helps us to be thankful "in" the situation- submitting to His sovereignty and control over our lives as a display of His grace.

TODAY'S CHALLENGE:

Think back on a time that was particularly difficult. Is there anything that now, looking back, you can be thankful for? For example, God's peace or comfort, the way friends and family helped, or the growth that happened in your spiritual life.





DAY 10

TODAY'S VERSE:

"Taking the fives loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. They all ate and were satisfied."

Matthew 14:18-20 NIV

"Looking up to heaven, he gave thanks..." This was Jesus' response to the situation at hand. The disciples brought him a problem: too many people and not enough food. "What do we do?" Isn't that the question? I know I spend so much time wondering this very same thing. My eyes on the problem, the question running through my brain. "What do I do?!" And yet, the answer is there. I'm just looking at the wrong thing. Our posture can be one of looking up rather than down, turning our whole hearts and minds to the Lord

TODAY'S CHALLENGE:

Read Psalm 121. Use the space below to write out verse 1. How does focusing on where our help comes from, instead of the problem at hand, cultivate gratitude in our lives?





ADDITIONAL SCRIPTURES

- PSALM 100
- PSALM 50:23
- PSALM 95:2
- 2 CORINTHIANS 9:15
- JAMES 1:17
- EPHESIANS 1:3
- 1 CORINTHIANS 15:57
- PSALM 106:1
- 1 TIMOTHY 4:4
- 2 CORINTHIANS 4:15
- 1 CHRONICLES 16:12

Use the space below to list additional Scriptures as you come across them in your study and quiet time.





THANKSGIVING PLAYLIST

"EVEN LOUDER"
STEVEN MALCOM AND NATALIE GRANT

"COUNTING ALL MY BLESSINGS"
REND COLLECTIVE

"HOW GREAT THOU ART"
CARL BOBERG

"GOOD GOOD FATHER"
CHRIS TOMLIN

"DOXOLOGY"
DAVID CROWDER

"FOREVER"
CHRIS TOMLIN

"TO GOD BE THE GLORY"
FANNY CROSBY





GRATITUDE WORKSHEET

Today I Am Thankful For:

Something I Learned Today:

Something that Challenged
Me Today:

The Best Part of My Day:





GRATITUDE PROMPTS

SPEND A FEW MINUTES EACH DAY ANSWERING ONE OF THE FOLLOWING PROMPTS. GRAB A JOURNAL, START A LIST ON YOUR PHONE, OR EMAIL YOURSELF AND KEEP THE THANKFULNESS FLOWING!

- An unexpected blessing
- My favorite book
- What I Love About My Church
- Movies I can watch Over Again
- A silly memory that always makes me laugh
- My favorite spot in the house and why
- An act of kindness that was shown to me
- My favorite song
- Hobbies I really enjoy
- One thing I appreciate about my job
- The funniest things my kiddos do
- My favorite holiday foods
- Something I appreciate about my spouse
- What I love about my city
- The sound I always love to hear
- An author whose work inspires me
- One activity I really enjoy doing
- An everyday item I couldn't live without
- What I appreciate about my body





THAT'S A WRAP!

YOU'VE DONE IT! YOU'VE COMPLETED TEN DAYS
OF THANKFULNESS!

I pray this is just the beginning of living a life of thankfulness!

Remember that this is a learning process. If you find that you are struggling with thankfulness, come back to these gratitude prompts and Scripture and begin again. Ask the Lord to shift your focus onto Him and help you see Him in every day. We don't want to miss out on the beautiful moments life has to offer! Continue to worship Him by giving thanks, lift your eyes to Him, be still, and begin the life-changing process of glorifying God through the discipline of thanksgiving.

Happy Thanksgiving, friends!

"Oh LORD my God, I will give thanks to you forever." Psalm 30:12

