# 30-Day Gratitude Scripture Reading Plan

This 30-day reading plan is designed to help you root your heart in biblical thankfulness. Each day features a short Scripture selection and a core focus to meditate on. To get the most out of this plan, **read the daily passage, write down the verse, and list one specific way that truth applies to your life today.**

🌞 **Week 1: The Character & Goodness of God** *Focus: Anchoring our gratitude in who God is, regardless of our changing circumstances.*

- **Day 1: Psalm 100:1-5** | *The Lord is good and His faithfulness is everlasting.*
- **Day 2**: Psalm 106:1-3 | *Praising Him because His steadfast love endures forever.*
- **Day 3: James 1:16-17** | *Every good and perfect gift comes down from the Father.*
- **Day 4: Chronicles 16:23-27** | *Splendor, strength, and joy are in His dwelling place.*
- **Day 5: Psalm 103:1-5** | *Bless the Lord and forget not all His benefits.*
- **Day 6: Psalm 34:1-4** | *Seeking the Lord and being delivered from all fears.*
- **Day 7: Lamentations 3:22-24** | *His mercies never come to an end; they are new every morning.*

**Week 1 Journal Reflection Prompts**

- **Prompt 1:** Reflect on God's character traits (unchanging, faithful, loving). Which attribute are you most grateful for in your life right now, and why?
- **Prompt 2:** Look back at a past season of uncertainty. How did God manifest His goodness to you then, even if you couldn't see it immediately?

🛡️ **Week 2: Gratitude in Difficult Seasons** *Focus: Choosing thankfulness as a shield against anxiety, trial, and worry.*

- **Day 8: Philippians 4:4-7** | *Replacing anxiety with prayer, petition, and thanksgiving.*
- **Day 9: 1 Thessalonians 5:16-18** | *Giving thanks in all circumstances, for this is God's will.*
- **Day 10: Habakkuk 3:17-19** | *Choosing to rejoice in the Lord even when the harvest fails.*
- **Day 11: Psalm 42:5-11** | *Putting hope in God and praising Him even when downcast.*
- **Day 12: 2 Corinthians 4:15-1**8 | *Grace extending to cause thanksgiving to overflow to the glory of God.*
- **Day 13: Romans 5:1-5** | *Rejoicing in our sufferings, knowing they produce endurance and hope.*
- **Day 14: Psalm 23:1-6** | *Gratitude for the Shepherd's presence in the darkest valleys.*


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**Week 2 Journal Reflection Prompts**

- **Prompt 1:** Write down a situation causing you worry today. Rewrite it using an 'Even-If' framework to declare praise anyway.
- Prompt 2: Who or what has been a source of comfort or endurance for you during a recent trial? Thank God specifically for that shelter

🎁 **Week 3: Thankfulness for Salvation & Grace** *Focus: Praising God for the gift of Jesus, redemption, and our eternal hope.*

- **Day 15: Colossians 2:6-7** | *Being rooted, built up in Christ, and overflowing with thankfulness.*
- **Day 16: 2 Corinthians 9:11-15** | *Thanks be to God for His indescribable gift.*
- **Day 17: Ephesians 1:3-6** | *Praising God for every spiritual blessing in Christ Jesus.*
- **Day 18: Romans 6:17-18** | *Thanks be to God that we have been set free from sin.*
- **Day 19: Colossians 1:11-14** | *Joyfully giving thanks to the Father who qualified us for His kingdom.*
- **Day 20: 1 Peter 1:3-5** | *Gratitude for a living hope through the resurrection of Jesus.*
- **Day 21: Hebrews 12:28-29** | *Receiving a kingdom that cannot be shaken, let us offer acceptable worship.*

**Week 3 Journal Reflection Prompts**

- **Prompt 1:** Consider your life before or outside of Christ's transforming love. What specific transformations in your heart are you most grateful for?
- **Prompt 2:** What spiritual blessing from Ephesians 1 speaks most directly to your current spiritual needs?

🤝 **Week 4: Community, Creation, & Everyday Blessings** *Focus: Noticing God's goodness in the people around us and the world He made.*

- **Day 22: Philippians 1:3-6** | *Thanking God every time we remember our brothers and sisters in Christ.*
- **Day 23: Psalm 19:1-4** | *The heavens declare the glory of God; creation speaks His praise.*
- **Day 24: 1 Thessalonians 1:2-3** | *Constantly mentioning others in prayer and remembering their work of faith.*
- **Day 25: Psalm 104:1-5 & 24** | *Looking at the vastness of creation and praising God's wisdom.*
- **Day 26: Philemon 1:4-7** | *Thanking God for the love and faith that refreshes the hearts of the saints.*


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- **Day 27: Psalm 65:9-13** | *God crowning the year with His bounty and providing for the earth.*

🏛️ **Wrap-Up: A Lifestyle of Praise** *Focus: Committing to a permanent posture of thanksgiving.*

- **Day 28: Colossians 3:15-17** | *Letting the peace of Christ rule and doing everything with thanksgiving.*
- **Day 29: Psalm 145:1-7** | *Extolling God's name forever and ever, from one generation to the next.*
- **Day 30: Psalm 150:1-6** | *Let everything that has breath praise the Lord*

**Week 4 Journal Reflection Prompts**

- **Prompt 1:** Who is someone in your community or family that has reflected God's grace to you recently? Write a prayer of thanksgiving for them.
- **Prompt 2:** As this month finishes, what specific habits will you build to ensure your lifestyle remains one anchored in active, daily gratitude.


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