

30-Day Gratitude Challenge - "Give thanks to the Lord, for He is good." Psalm 107:1

Instructions: Each day, take a few quiet minutes to reflect, write, or pray through the prompt.

Share on social media or with a friend using #GratitudeChallenge #CultivateGratitude #M68M #Micah68Ministries

Week 1: Thankfulness in the Everyday

1. Something you often take for granted
2. A person who made you smile recently
3. A warm meal you enjoyed
4. Your favorite time of day and why
5. A small victory or accomplishment
6. Something in nature you're thankful for
7. A memory that makes you laugh

Week 2: Gratitude in Relationships

8. A family member you're grateful for
9. A friend who has supported you
10. A mentor or spiritual leader
11. A lesson someone taught you
12. Someone who forgave you
13. Someone you need to thank - reach out today
14. A group or community you're part of



Week 3: God's Presence & Promises

15. A scripture that gives you hope
16. A prayer God has answered
17. A way you've seen God's faithfulness this year
18. Something you've learned in a hard season
19. A worship song that speaks to you
20. A blessing you didn't expect
21. Something you're trusting God for - thank Him in advance

Week 4: Gratitude in Action

22. Do something kind for someone today
23. Write a note or message of thanks to someone
24. Reflect on what brings you peace
25. Give thanks for a challenge that made you grow
26. Share what you're grateful for with someone else
27. Thank God for the ability to learn or create
28. Donate or give away something as an act of gratitude
29. Celebrate how far God has brought you
30. List 10 things you're thankful for - then pray a prayer of praise