

30 DAYS
OF

CULTIVATING A HEART OF GRATITUDE

"It's one thing to be grateful. It's another to give thanks. Gratitude is what you feel. Thanksgiving is what you do." Tim Keller

"I like to think of thankfulness as God's 'spiritual air freshener.' It replaces the stale odor of resentment with clean, fresh-smelling air for the soul to breathe." Gary Thomas

Gratitude is a bit like healthy eating. We all want it, and sometimes can do it for a few days, but our bad habits usually shoot us in the foot. It takes more than good intentions to change our diet or to move from grumbling to gratitude. We must replace old habits with new ones.

One way to cultivate gratitude is through a month-long Gratitude Challenge that includes a reading plan, responding in prayer, and recording reasons to give thanks. While we should practice thanksgiving year-round, November provides a great time to leverage the seasonal focus on gratitude to grow in thanksgiving to God.

READ

Read and meditate on the Bible verses about giving thanks see below for a thirty-day reading plan. Spend a month immersing yourself in verses about gratitude and thanksgiving, including in gratitude that gets in the way. For a daily devotional that accompanies the reading, visit www.indycrowe.com each day.

RESPOND IN PRAYER

As you read God's Word about gratitude **include a prayer of thanksgiving**. Thank God for what you've learned about who He is, what He's done, or the gifts He's given.

RECORD

Either after your time reading Scripture, or throughout the day, record five reasons to give thanks. **Intentionally look for things God is doing or has done and give thanks.** One day you might thank God for the forgiveness given through Christ and the next day you might thank God for good football. Not all gifts are equally valuable, but all gifts can be a source of thanksgiving.

THIRTY-DAY READING PLAN

Below are thirty passages on various aspects of thanksgiving. As you read them, notice how God is thanked, what He's thanked for, and the results of giving thanks. Then give thanks to Him in prayer. The goal is to understand thanksgiving to God through Scripture—and why God is worthy of our gratitude—and to practice it by telling God thank you for specific things.

■ NOV. 1	MATT. 7:9-11; JAM. 1:17; 1 CORN. 4:17; ROM. 11:36	■ NOV. 16	PSALM 33
■ NOV. 2	DAN. 2:17-23; 6:10; ROM. 8:28-29	■ NOV. 17	MATT. 26:26-29; HEB. 8:6-13
■ NOV. 3	PS. 100	■ NOV. 18	PSALM 30
■ NOV. 4	LK. 17:11-19	■ NOV. 19	1 TIM. 1:12-17; EPH. 2:1-10; 2 CORN. 4:15
■ NOV. 5	1 CHR. 29:10-22; LEV. 7:11-15	■ NOV. 20	PSALM 95
■ NOV. 6	ROM. 1:18-23; 12:1-2	■ NOV. 21	PSALM 118
■ NOV. 7	PSALM 103	■ NOV. 22	1 SAM. 8
■ NOV. 8	JN. 6:11, 23; 11:41; ACTS 27:33-38; 1 TIM. 4:3-4	■ NOV. 23	DEUT. 8
■ NOV. 9	PHIL. 4:4-9; 1 PET. 5:6-9;	■ NOV. 24	EPH. 1:3-14
■ NOV. 10	EX. 14:10-14; 15:22-16:8; PHIL. 2:14	■ NOV. 25	1 CORN. 15:12-28, 35-58
■ NOV. 11	1 CHR. 16:1-36	■ NOV. 26	PSALM 105
■ NOV. 12	PSALM 9	■ NOV. 27	PSALM 104
■ NOV. 13	PSALM 28	■ NOV. 28	PSALM 138
■ NOV. 14	PSALM 136	■ NOV. 29	PSALM 145
■ NOV. 15	ROM. 6	■ NOV. 30	REV. 4:1-11; 7:9-17