

## THANKSGIVING 30 DAY CHALLENGE

From Thanksgiving Eve to Christmas Day purpose to be thankful. This calendar will remind you each day of the week for 30 days there is something for which you can give God thanks. Use the “Thanksgiving 30 Day Challenge” calendar and check off the box by each date on the calendar as you speak words of thanksgiving. Create a new habit of gratitude as you break old negative habits of complaining, criticizing, and carelessness.

*And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.*

—Colossians 3:15-16

**YOUR 30-DAY  
CHALLENGE  
FOR THANKSGIVING**

# THANKSGIVING 30 DAY CHALLENGE

<p><b>□ DAY 1 — 11/26</b> As you prepare for holiday gatherings and meals, don't stress. Focus on the opportunity to spend time with family or friends and be thankful!</p>	<p><b>□ DAY 2 — 11/27</b> Thanksgiving is more than a day on the calendar. It's a lifestyle. See how many things you can find to be thankful for today!</p>	<p><b>□ DAY 3 — 11/28</b> Life is busy. Everyone is trying to get ahead and get things done. Pause for a moment. Let someone pass. Take a deep breath. Be thankful for this moment!</p>	<p><b>□ DAY 4 — 11/29</b> When your situation looks hopeless look around you. You are sure to see someone else in a worse condition ... Be thankful yours is not worse!</p>	<p><b>□ DAY 5 — 11/30</b> God speaks to us through the Bible. His Word is alive! Thank Him today for opening up the communication between Heaven and earth.</p>	<p><b>□ DAY 6 — 12/1</b> Think of each member of your immediate family. What is one thing about them that is special. Send a note or tell them why you are thankful for that one thing.</p>
<p><b>□ DAY 7 — 12/2</b> Smiles are free. When you are feeling ungrateful, try smiling at the next person you meet. Attitudes can change in a moment!</p>	<p><b>□ DAY 8 — 12/3</b> Select one friend you haven't seen for awhile. Send a brief note, email, or text to say "Thanks for your friendship!"</p>	<p><b>□ DAY 9 — 12/4</b> Worried? What's the worst thing that could happen? Has that happened? No? Then express thanks for that!</p>	<p><b>□ DAY 10 — 12/5</b> Is someone getting on your nerves? Perhaps God placed them in your path for a reason. Thank the Lord for a grace builder in your life.</p>	<p><b>□ DAY 11 — 12/6</b> Have you ever had to walk somewhere because your vehicle quit? Be thankful now for transportation, whether a bus, car, or bicycle.</p>	<p><b>□ DAY 12 — 12/7</b> Friends are valuable, and your church family is priceless. Thank God today for a wonderful church filled with people you love.</p>
<p><b>□ DAY 13 — 12/8</b> What is more refreshing than a glass of ice cold water? Thank the Lord for good, clean water to drink.</p>	<p><b>□ DAY 14 — 12/9</b> A house, a warm bed and food on the table. Simple things we take for granted. Thank God for His provisions no matter how small.</p>	<p><b>□ DAY 15 — 12/10</b> God put a shepherd in your life. Today be thankful for the person that God has placed there who cares for your soul.</p>	<p><b>□ DAY 16 — 12/11</b> How are you feeling today. Thank the Lord for another day you don't have to be at the ER or in the hospital. Good health is a precious gift.</p>	<p><b>□ DAY 17 — 12/12</b> Did you wake up this morning refreshed and rested? Either way, be thankful for the nights you sleep well and awake feeling good.</p>	<p><b>□ DAY 18 — 12/13</b> Did you text or call someone today? Although phones can be misused they are a blessing when we want to say "I love you" to someone.</p>
<p><b>□ DAY 19 — 12/14</b> Feeling angry or frustrated? Find one thing you can appreciate about the object of your anger and be thankful for that one thing!</p>	<p><b>□ DAY 20 — 12/15</b> Military personnel, police and firefighters put their lives at risk to keep us safe. Let us be thankful for them and pray for their safety.</p>	<p><b>□ DAY 21 — 12/16</b> Struggling with debt? Thank God for the resources you have. Be thankful that you have what you need as you trust God for provision.</p>	<p><b>□ DAY 22 — 12/17</b> Say "I Love You" to someone today. Make their day and reap the benefit of blessing today.</p>	<p><b>□ DAY 23 — 12/18</b> Flaming sunset skies, unique ground cover, and natural geological formations are God's artistic designs. Be grateful!</p>	<p><b>□ DAY 24 — 12/19</b> Wishing you had a better job? Try being thankful for the strength to work. Find something you like about the job you have!</p>
<p><b>□ DAY 25 — 12/20</b> Children are the spice of life. Give a child a big hug today and be thankful they bring laughter into your life.</p>	<p><b>□ DAY 26 — 12/21</b> Do you have a favorite pet snuggled up next to you? Now would be a good time to be thankful for another life to love.</p>	<p><b>□ DAY 27 — 12/22</b> Family traveling during the holidays? Be thankful for safe journeys and God's protection.</p>	<p><b>□ DAY 28 — 12/23</b> The season of Christ's birth is here. Be thankful for the millions who celebrate Christmas for the right reasons.</p>	<p><b>□ DAY 29 — 12/24</b> The hope of life and the source of our thanks was born on Christmas eve. Thank God for His greatest gift to the world!</p>	<p><b>□ DAY 30 — 12/25</b> Thank God for the good in your life and in the world. "Joy to the world. The Lord has come!"</p>