

# 30 days of gratitude

A journey of thankfulness to  
ignite a spirit of generosity



National Christian  
FOUNDATION India



This season, let us  
dwell together in the  
spirit of thankfulness.

*Great is Thy faithfulness*

*Great is Thy faithfulness*

*Morning by morning new mercies I see*

*All I have needed Thy hand hath provided*

*Great is Thy faithfulness, Lord, unto me*

Hallelujah—how great, indeed! Come alongside us for thirty days of prayerful meditation on the *greatness* of the Lord our provider. As you complete these pages, our prayer is that you will be filled with the peace that abounds when we are assured of God's faithful love.

Together, we will turn our eyes *upward*, turn our thoughts *inward*, and open our hearts *outward*, embracing the joy of Christlike generosity.



*This journal belongs to*

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*Give thanks! >*

## DAY 1: UPWARD

# Preparing our hearts...

Psalms 34:1–3

I will extol the LORD at all times;  
his praise will always be on my lips.

I will glory in the LORD;  
let the afflicted hear and rejoice.

Glorify the LORD with me;  
let us exalt his name together.

**A**s we embark upon this practicum of gratitude and thanksgiving, let us remember our greatest purpose.

We are called to exhort the goodness and glory of the Lord. We hope the prompts and questions of this booklet will inspire abundant ways to share the good news of the awesome wonder of our great provider.

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### REFLECTION

What is the most awe-inspiring act of goodness performed by our Creator that you have personally witnessed?

### PRAYER

Lord, please open my heart to the warmth of your goodness. Allow me to feel your peace as I examine my heart, and to maintain the goals you have set forth for me in all that I do.

### NOTES

DAY 2: INWARD

# Give it all to God

Matthew 6: 33-34

When we explore the themes of generosity, the notion of God's ownership of the physical things that surround us is readily apparent. Let us never forget, however, that he owns the intangible, as well. Every worry, stress, or fear that we might be fixed upon carrying, he beckons us to release into his hands.

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## REFLECTION

What has been heavy to hold lately? How might you begin to trust God with this burden?

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## PRAYER

Father, I give these and all my worries up to you. Please surround me with comfort in the knowledge that everything exists to fulfill your good and perfect plan for my life.

## DAY 3: OUTWARD

# Everything & everyone

Psalm 24:1

**H**ow beautiful is the work of God's creation! And how wonderfully beautiful is each and every one of his children, made in his divine image. The laugh of a child, the smile of an old friend...every blissful moment we share with those around us is a reflection of the light of the Lord shining through us as windowpanes.

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### REFLECTION

When we show gratitude to those around us, we are showing gratitude to God himself for the beauty he has created. Who can you thank today for the wonder of their existence?

### PRAYER

Lord, you have blessed us with an abundant village of your people to uplift us and walk beside us in our journeys. Inspire us with new ways to come together and exalt your praises.

### NOTES



## DAY 4: UPWARD

# Power beyond our imagination

Ephesians 3:20-21

**N**o matter how long we sit and ponder the wonder and magnitude of our creator, he will always remain beyond our comprehension. He is capable of more than we can imagine, and yet has created a divine plan for each of us.

*"To him be glory, in the church and in Christ Jesus, throughout all generations, for ever and ever! Amen."*

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### REFLECTION

From great to small, God is always present in our lives. In the little moments of your day, keep your eyes and heart open for evidence of his handiwork.

### PRAYER

Thank you, Lord, for your untiring attention to detail. I know you have created galaxies and nebulae of unfathomable beauty, and with the same power, each cell in my body. I will use it to exalt your praises ceaselessly.

### NOTES

## DAY 5: INWARD

# Gratitude turns what we have into enough.

Gratitude as a discipline is a learned skill, honed over time to become a thread in the day-to-day fabric of our lives. Its bounty, however, is unique in the way it allows us to release our needs rather than ascribe to the ever-present beckoning call for *more*. When we are continuously taking inventory of our blessings, we fill our hearts with worship.

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### REFLECTION

What is something you truly treasure? A family heirloom, a souvenir from a once-in-a-lifetime vacation, a cherished gift from a loved one? What feeling does this item bring you, and how does God's love for you stir similar feelings of fulfillment?

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### PRAYER

Father, we are surrounded with your blessings each day. Teach us the discipline of daily gratitude so that our hearts will always be fulfilled.

## DAY 6: OUTWARD

# The little things

Luke 21:1-4

**H**ow beautiful is the generosity of those with little to give? And what a beautiful reminder that God appreciates *every little thing*. Let us never take for granted the small moments of goodness that permeate even the bad days. And let us always remember that even the smallest act of kindness may inspire others to live in the spirit of generosity.

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### REFLECTION

What small acts of kindness have you witnessed or received lately? How can you compound the spirit of gratitude by bestowing small blessings upon others?

### PRAYER

Lord, thank you for the little things. Please help me remember that I can praise you in ways both big and small.

### NOTES

## DAY 7: UPWARD

# Trusting in his path

Proverbs 3:5-6

**A**s we journey further down this meditative path of thanksgiving, we can rest in the confidence that the Lord has laid the path before us with intentionality. When we encounter moments of obscurity or confusion in our lives, and our minds begin to wrestle with our purpose, let us trust in him with all our heart. When we give it up to God, we are giving thanks to him for his divine, inspired plan for every one of us.

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### REFLECTION

Has the Lord ever revealed his plans for you unexpectedly? How did you open your heart to his divine redirection?

### PRAYER

Thank you, Lord, for your steadfastness in the face of turmoil. Allow me to submit to you in my actions to stay aligned with the journey you have designed for me.

### NOTES

DAY 8: INWARD

# Blessed are the hungry

Matthew 5:6

What do we desire most of all? Wherever we believe our satisfaction lies, there our heart will remain. Are we consumed by a hunger for earthly achievements? Or have we allowed our all-consuming passion to be for the righteousness of our creator? God has promised that those who hunger and thirst for him will always be satisfied.

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## REFLECTION

How are you nourishing your hunger for righteousness? What spiritual desires has God fulfilled for you?

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## PRAYER

Father, I want to know you more. Thank you for the promise of your provisions. Guide my heart to drink from the abundant waters of your faithfulness.

## DAY 9: OUTWARD

# The beauty of the seasons

Ecclesiastes 3:1-8

**A**s leaves turn from green to gold and crisp autumn nights become longer, we are reminded of God's promise of a time and purpose for everything under heaven. While the season beckons introspective reflection, let us never cease to admire the beauty of the change that surrounds us.

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### REFLECTION

Take a moment to dwell in the beauty of God's creation. Notice the changes, small and great, that allow the flora and fauna to fulfill their divine purpose.

### PRAYER

Lord, let us never forget that we are products of your perfect creation. As we ebb and flow through the seasons of our own lives, bless us with peace of the knowledge that everything conspires to your great plan.

### NOTES



## DAY 10: UPWARD

# Tillers of his provisions

**G**od is everywhere and everything. He is within the sunbeams streaming through the trees and the morning dew on each blade of grass. He has designed our harvest to be sustained by his essence, ensuring a bounty that glorifies the magnitude of his greatness. Our duty lies with the plow, the till, the harvest. When we become activators of the Lord, we are fulfilling our divine purpose. And just as the sunlight and dewdrops allow the seed to sprout, God allows his mercies and grace to flourish abundantly through each of us.

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### REFLECTION

What spiritual gifts has God blessed you with that allow you to till the seeds he has planted around you?

### PRAYER

God, you have blessed us with a harvest of abundance. Let us always delight in our gratitude for that with which we have been blessed.

### NOTES

DAY 11: INWARD

# Greater than gold

Luke 12:34

**A**s we draw near to the Lord, we are reminded of the promise of his treasures. When our hearts are pure and aligned with his purpose, we discover that our deepest desires become the divine and intangible. Freedom is found in the relinquishment of our earthly wants, wherein we may be overcome with the peace of our great provider's love.

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## REFLECTION

What do you treasure the most? How can you use your greatest treasures to extol God's graciousness?

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## PRAYER

Lord, you are our greatest treasure. Thank you for the respite we are given upon relinquishing our earthly desires in favor of your divine grace.

## DAY 12: OUTWARD

# A gracious gift

**G**race: A gift we do not deserve...perhaps something tangible, yet more likely something abstract or metaphysical. God has provided the ultimate example of grace in the gift of our salvation, but an act of grace to or from a loved one is a beautiful manifestation of his love working in and through us. And when we choose grace, we are choosing to reenact his love for us. What a beautiful way to express our gratitude for his perfect gift.

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### REFLECTION

When have you witnessed or received the gift of grace from someone you love?

### PRAYER

Lord, let us never forget that your gift of grace allows us to dwell in peace. Thank you for bestowing it upon us, even in times where we were not deserving. Teach us to share this peace and love with those around us to amplify your righteousness.

### NOTES

## DAY 13: UPWARD

# Worthy of praise

Psalm 103:1-6

**H**ow great is our God! He is our forgiver, our healer, and our redeemer. He *crowns us with love and compassion and satisfies our desires with good things.*

We could sing his praises with every breath for the entirety of our existence, and barely breach the surface of the glory he is due. Therefore, we are called to praise him with *all our inmost being*. When we meditate in the spirit of gratitude, we allow worship to permeate our minds and our hearts, so that everything we do is glorifying to him.

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### REFLECTION

Our God is a god of many names and traits. Which are you thankful for today? How will you spend your time meditating on his incredible power?

### PRAYER

God, you are our wonderful and powerful redeemer. Fill our hearts and minds with the immensity of your love so that it may shine through us to bring you glory.

### NOTES

DAY 14: INWARD

# Faith in unrest

Psalm 46:1-3

**H**ow blessed we are to have a creator who has promised to remain by our sides through days of light and days of turmoil. When we choose to rely on the Lord in the face of adversity, we are demonstrating our faith in the magnitude of his power. When the earth shakes and the mountains quiver, he ceaselessly remains our refuge and our strength.

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## REFLECTION

When was the last time you felt the earth around you was giving way? Did you succumb to the roaring waters, or did you give your fears to God in an act of faithfulness?

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## PRAYER

Thank you, God, for gifting unto us a peace that abounds even in the darkest of nights. Let us never forget that your love has the power to deliver us from fear.

## DAY 15: OUTWARD

# Worship together

Psalm 47:6-7

**S**ing praises, sing praises! Coming together in acts of fellowship to worship our magnificent creator is one of the greatest ways we can display gratitude for the blessings he has abundantly provided. When one voice alone sings his praise, the earth rejoices. But when we gather to magnify our voices, the heavens join in a divine chorus exalting our God on high.

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### REFLECTION

In this season of thankfulness, we are blessed with ample opportunity to share in the discipline of gratitude. How might we bring the spirit of worship into our gatherings, big and small?

### PRAYER

Lord of all creation, we exalt you with our voices. We remain awestruck in your presence and will praise you all of our days.

### NOTES



## DAY 16: UPWARD

# The greatest love letter

**S**ometimes love becomes so bountiful, it spills out of our hearts and onto pages that detail a journey. When we consider the word of God, do we realize that the Lord has gifted us with the greatest love letter of all time? Pages written by candlelight, read through weeping eyes, held firmly to one's chest...curated so that we might be blessed with the ultimate story of God's love for us. When we meditate on his word, let us luxuriate in his love with a spirit of thankfulness. And as we continue through this journal of mindfulness, let our eyes remain fixed upon his glory.

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### REFLECTION

As you spend time in the word of God, consume it as though it were a declaration of love created just for you.

### PRAYER

Lord, thank you for your divine teachings. Let them be a lamp unto our feet and a light unto our path in this and every day.

### NOTES

DAY 17: INWARD

# Our Redeemer lives!

Psalm 107:1-2

**G**od is so good! Our divine Redeemer has given us the gift of a lifetime—salvation through his love. Let us proclaim his greatness from the rooftops! When we share our testimony, we are raising praises to our God and compounding his love to those around us. His love is endless and destined to be spread to the corners of the earth.

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## REFLECTION

How did you come to know your Redeemer? What traits would you use to describe his greatness to someone who had not met him yet?

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## PRAYER

God, I am so thankful for your gift of salvation. Speak through me as I share my testimony so that others might discover the beauty of your grace and redeeming love.

## DAY 18: OUTWARD

# Love in action

Romans 12:9-16

**T**he more we seek to love others as Christ has loved us, the closer we are drawn to our God-given purpose. In such a season as this, opportunities to love others abound! Come together in faithful prayer, practice hospitality, rejoice and live in harmony with all people—just as Christ has commanded. As you engage with your community, observe the spirit of generosity of those around you.

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### REFLECTION

How is God calling you to love your neighbors? How might you come together to share his love exponentially?

### PRAYER

Lord of love, our hearts are full of gratitude. Thank you for teaching us to love each other as you have first loved us.

### NOTES



## DAY 19: UPWARD

# The gift of abundance

John 10:10

**T**he Lord is our good shepherd who has laid down his life for his sheep. When we choose to follow him and turn away thieves and deception, we are allowing him to lead us to green pastures. When we align our desires with those of the Lord and seek to glorify him, we find that we are already surrounded with immeasurable abundance. Joy and sustaining strength abound in each day we experience the fruits of his creation – the love of our brothers and sisters in Christ, the beauty of his nature, the peace of belonging to him.

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### REFLECTION

How do you define abundance? When has the Lord led you to green pastures?

### PRAYER

God, you have provided us with everything we need to sustain our body, soul, and spirit. Please allow us to hear your voice louder than the rest when you call each of us by name.

### NOTES

DAY 20: INWARD

# Gratitude through generosity

2 Corinthians 9:6-15

When we choose to live generously, we are practicing thankfulness and demonstrating his love to all who bear witness. The abundance we are promised allows us to be generous on every occasion, cheerfully giving in the same way God has generously blessed us.

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## REFLECTION

When have you felt the contagious joy of generosity? How did giving allow you to dwell in the spirit of thankfulness?

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## PRAYER

Lord, we are so grateful for all we have been given. Transform the joy of our gratitude into the contagious joy of generosity, so that all may be inspired to dwell in your righteousness.

## DAY 21: OUTWARD

# Traditions old and new

The contagious spirit of thankfulness abounds greatly during the holidays. Whether through the combined meditative practice of sharing what we are thankful for around a supper table or the individual practice of showing how much we appreciate our loved ones with thoughtful letters and gifts, we have no shortage of opportunities for gratitude.

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### REFLECTION

What traditions do you uphold each giving season? How can you use these or new traditions to glorify God in the spirit of thanksgiving?

### PRAYER

Lord, you have blessed us with the ability to come together in fellowship to give thanks for all you have given us. Let us never forget the true spirit of the giving season.

### NOTES

DAY 22: UPWARD

# Every good and perfect gift

James 1:16-18

When we labor to achieve our goals or personal milestones, we may be tempted to glorify ourselves and our hard work. But let us never forget that all we have accomplished is due to the boundless, endless greatness of our God. He has designed us in his image to bear witness to his glory, and our deeds and good works are divinely appointed to demonstrate the magnitude of his power.

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## REFLECTION

What gifts has God blessed you with, and how might they be tactfully utilized for his glory?

## PRAYER

Lord, let us always remember to submit to your will. Thank you for the abundant gifts you have provided us, and for the steadfastness of your provisions.

## NOTES

DAY 23: INWARD

# Heavenly treasures

Matthew 6:19-24

The tangible nature of physical goods tends to lend a perception of permanence, but let us never forget that the only treasure that will not erode lies in heaven. An attachment or persistent desire to seek the riches of this world yields a fog that shrouds our divine purpose.

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## REFLECTION

Have you ever had an earthly treasure that was destroyed or stolen? Did you experience feelings of loss or grief?

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## PRAYER

Lord, your love is our truest treasure. Fill our hearts with a desire for you and you alone, and allow us to seek your divine light that casts out darkness.

## DAY 24: OUTWARD

# Covet his glory

Acts 20:32-35

**G**od has led by his divine example in the works of his son on earth. He has expressed to us that our commitment to his word and his grace allows us our heavenly inheritance. When we work to help the weak, sacrificing ourselves for the furtherment of the gospel, we are living out our purpose in his image.

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### REFLECTION

Who do you know that is a zealous servant for the Lord? How can you follow his or her example in your practicum of gratitude?

### PRAYER

God, thank you for sending your son to us in the ultimate act of generosity. Teach us to follow in your example of self-sacrifice as a reflection of our gratitude.

### NOTES

DAY 25: UPWARD

# In light and darkness

Nehemiah 9:19-21

**H**ow wonderful is the peace that comes alongside knowing God will always be near us. Our great provider will never cease in his care for us, even when we feel shrouded in darkness or have turned away from his light. God will sustain us and guide us with his good spirit, delivering us by the hand of his grace.

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## REFLECTION

When have you navigated a period of doubt in the Lord or his divine plan? How did he continue to provide for you in your time of questioning?

## PRAYER

Thank you, Lord, for your unconditional love. Let us follow in your likeness as we love those around us unconditionally.

## NOTES

DAY 26: INWARD

# The grace of giving

2 Corinthians 8:1-15

**A**s we grow as believers and practice our spiritual disciplines of prayer, learning, loving, and testifying, God has also called us to excel in the grace of giving. When we give ourselves first to our creator, we discover an unparalleled zeal and earnestness to serve him in all we do.

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## REFLECTION

What do you need to give up to God? How can you practice earnestness in your gratitude journey?

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## PRAYER

Lord, let us never forget the astounding awesomeness of your love. Allow our hands and our hearts to be activators of your great will.

DAY 27: OUTWARD

# Come together

Malachi 3:6-12

The principle of power in numbers is also satisfactory in the spirit of generosity. Our tithes, offerings, and gifts are vessels for change according to God's divine purpose. When we come together to amplify the transformative power of gratitude, and thereby, generosity, we ignite radical transformations in our communities at large.

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## REFLECTION

Where is the Lord calling you to gather? How might you strengthen your relationships with those around you who are also devoted to generosity?

## PRAYER

Lord, we want to be vessels for your divine plan. Inspire us to be used for good, and to ignite contagious change.

## NOTES

DAY 28: UPWARD

# Love across generations

Psalm 100:1-5

**H**ow special are the moments when we come before the Lord with joyful song? And what a beautiful legacy to share with our loved ones. The timelessness of God's love serves as a constant comfort and reminder that he should be exalted without ceasing. When we create moments and traditions that exalt him, we are giving eternal thanks for his faithfulness.

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## REFLECTION

What does worship feel like to you? When you go before the Lord in prayerful meditation today, what will you thank him for?

## PRAYER

Lord, you are greater than our comprehension. Your endless love inspires us to worship you with gladness for all of our days. Teach us to leave a legacy of thanksgiving.

## NOTES

DAY 29: INWARD

# The purpose of praise

1 Thessalonians 5:16-18

Every little thing we do has the potential to exalt our creator. What a beautiful life we might lead! He has commanded us to rejoice always, pray continually, and give thanks in all circumstances. When we abide in his will for our lives, we discover an incomparable peace in fulfilling our divine purpose.

## REFLECTION

As our creator has written us a divine love letter in his word, practice expressing your thankfulness in writing to the Lord. You might thank him for his character, his blessings, his love! Recall that practicing gratitude allows us to abide in his glory.

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## PRAYER

Lord, let thanksgiving fill the corners of my heart and mind. Let my thoughts become actions that glorify you all the days of my life.

DAY 30: OUTWARD

# A well-placed hope

1 Timothy 6:17-19

The treasures of this earth may come and go, but the certainty of God's love is a foundation that will never quiver. When we dwell in his faithfulness, we experience life as he intended. Our richness of spirit becomes contagious, and the hope of a perfect creator spreads like a wildfire.

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## REFLECTION

Who do you know that would benefit from the gift of hope? How can you utilize gratitude and your spiritual gifts to share the promise of a life fulfilled through Christ with them?

## PRAYER

Thank you, Lord, for your unwavering provision. Thank you for allowing us respite in your hands and an eternal hope to guide our sails.

## NOTES



# God's glorious abundance is evident all around us.

By his perfect design, we are created to be the hands and feet of his generosity, in this and every season.

**Where is God calling you to spread the joy of his love?**

When we open our eyes and our hearts to his divine plan for us, we fulfill our greatest purpose of glorifying him in everything we do.





Want to dive deeper?

Visit our Generosity Library at [ncfgiving.com/library](https://ncfgiving.com/library) for a collection of content about biblical generosity, including books, videos, podcasts, websites, and studies.



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