

# 30 Day Prayer Challenge

## 30 Days of Gratitude

adapted from [iBelieve.com](http://iBelieve.com)

### INTRODUCTION

What if you awoke tomorrow morning with only the things you thanked God for today?

Would that change how you prayed today?

I think most of us would agree that life is busier than it's ever been. With all the rushing and doing, it's easy to grumble and complain. It can become the new norm if we're not diligently seeking to live with a grateful heart. For the next 30 days, let's break the cycle and challenge ourselves to purposefully set aside time to show our gratitude for all God has done and will do in our lives.

Each day you'll pray a specific prayer of gratitude.

Each day will also have several Scripture verses for you to think about or pray over if you wish.

Ready to make time in your day to show your thankfulness to the One who makes your day possible?

At St. Peter's United Church of Christ we are hoping that as many of our members as possible will agree to take on this journey of faith and gratitude during the month of November.

It's easier to start at the beginning of the month, just to keep track of the days.

It's okay if you miss a day or two- life happens! If you do miss a day, you don't need to go back or start over. Just pick up with the corresponding day and, if you have time, you can go back to the days you've missed.

You can either work from a complete packet at church, or receive your daily message via E-News. Each day, the prayer/devotion of the day will also be posted to our Facebook page, where you can like, share and/or comment on the gratitude devotion.

### **Are you willing to improve your gratitude attitude?**

Get ready to make time in your day to show your thankfulness to the One who makes your day possible? Great - hope you said a resounding YES!

Oh, one more thing—consider sharing this challenge with a partner or friend.

### DAY 1

Thank God for Grace

As children of God we are thankful for Grace! We thank our loving God that nothing can undo what Jesus did in his life, death, and resurrection. Thank God Almighty that you have been saved by that amazing Grace. Be grateful that nothing can separate you from our Lord. Praise God for unending mercy and forgiveness. Ask that God to give you boldness to share your testimony of God's love by example in the way you live.

In Jesus name we pray these things. Amen.

Psalm 62:6-7, John 1:14, John 3:16, John 6:47, John 10:10, Galatians 2:20, 1 Peter 2:24

### DAY 2

## THANK GOD FOR TODAY

So much of our day is busyness. So much busyness that, by the time the day is over and our heads hit the pillow, the day just seems to be a big blur. Does this ever happen to you? Thank God for the precious gift of today, for today is the day the Lord has made, so let's rejoice and be glad. Give thanks to our loving God for each minute we are filled with breath. Ask God to reveal to you the things in life that you can let go of to allow yourself time for what really matters in life.

In Jesus name we asking these things. Amen

Psalm 118:14, Matthew 11:28, 1 Thessalonians 5:18

## DAY 3

### THANK GOD FOR YOUR FRIENDS

In our hurried world, we can sometimes forget to thank God for those special people in our lives. Maybe it's a friend who's always there when you need a shoulder or one who seems to make you laugh, even on the darkest of days. Is there a neighbor who makes the time to help when there is a need? Thank God for allowing your life to be touched by these friends. Thank the Creator for the important role they each play in your life. Ask God how you can express your gratitude in a unique way to those who positively impact your life. If you're in need of friendship, thank God in advance for sending someone special your way. Ask the Lord to remove the barrier that has prevented the gift of authentic, lifelong friendship in your life.

In Jesus name we pray these things. Amen

John 15:12-15, Romans 12:10, Ecclesiastes 4:9-10

## DAY 4

### THANK GOD FOR THE POWER OF LOVE

When our hearts are full of praise, our lives are full of the power of God's love. We have strength in all things through the Lord! One of the best ways to exercise power over the challenges of this world is to be in a spirit of praise throughout the day. Thank God that through Love we have power over all things. Remember to speak the words Love would have you speak, and pray you would be mindful of the pitfalls of worldly things and attitudes. Pray to God to help you remain in an attitude of praise and love, no matter what the world hands you.

In Jesus name we pray these things. Amen

Ephesians 6:11-18, 2 Timothy 1:7, James 4:7

## DAY 5

### THANK GOD FOR PATIENCE

Sometimes an attitude of thanksgiving is difficult to maintain when life is so hard and we see others being blessed while we're still waiting for our own blessing. But God has great hopes for you. No matter how it looks, God is always working behind the scenes. And, we can't expect Godly results to appear as quickly and simply as a cheeseburger at a fast food restaurant. Thank God for wanting the best for you—as for all who are God's children. Pray for the courage and wisdom to trust God more. Seek God's will. Ask God for patience. Stay calm and know that God loves you

In Jesus name we pray these things. Amen

Romans 8:28, Colossians 3:12

DAY 6

#### THANK GOD FOR YOUR CHURCH

Thank God for your church. It's God's connecting point that provides encouragement, worship, instruction and the opportunity to connect with others who share our faith. How blessed we are to be able to assemble together in God's name. Thank God for allowing you the freedom to worship together with other believers, to gather together in worship. Pray that God would continue to bless your pastor, staff and church leadership with integrity and wisdom. Pray that God will guide them as they lead St. Peter's United Church of Christ to further the teachings of Christ. Pray that you might be led to a higher commitment of your gifts in support of the church, including the gift of your presence.

In Jesus name we pray these things. Amen.

1 Corinthians 14:26, Titus 1:5-9, Hebrews 10:25

DAY 7

#### THANK GOD FOR FAITHFULNESS

Can you think of a time when God has seen you through challenges? Is there a time when there seemed to be no way, but God came through and made a way? Thank God for steadfast faithfulness. Thank God for loving you. Thank God for making all things being possible. Pray that God would continue to faithfully see you through and encourage you to stay strong, trusting in the faithful and everlasting love of the Creator.

In Jesus name we pray these things. Amen.

Psalms 36:5, Psalm 86:15, Matthew 19:26

*Write if you wish: Take a moment and think of 3 ways God has provided for you in a time of need. On an index card, write those 3 things down. Keep that index card in your pocket or somewhere where you will see it for the next month. Say a prayer of gratitude every time you feel the card in your pocket or see it displayed. Remember those times of provision the next time you're unsure if God will provide.*

DAY 8

#### THANK GOD FOR LOVE

Love is patient. It's kind. It's forgiving. It's altruistic. It protects. It gives generously. Love is the greatest force in the universe. Love that lights up the darkness, gives hope to the hopeless. Love changes lives and saves souls. God IS love. Love IS God. Thank God today for enduring, undying love for you. Thank God for loving you so much that the Creator sent Jesus to die in your stead. Pray God would help you love. Know that God loves even those who are hardest to love.

In Jesus name we pray these things. Amen.

Psalms 136, Psalm 107:1, 1 Corinthians 13, John 3:16, 1 John 4:8

DAY 9

#### THANK GOD FOR WISDOM

Godly wisdom is vital in our walk with Christ and with others. In fact, the book of Proverbs refers to wisdom as “the principal thing.” Take time to thank God for wisdom, guidance and direction in our lives. We are so blessed to be able to ask God to direct our paths and to learn from scripture what it means to love God, to seek God’s will and to follow Christ as modern disciples. Pray you would be sensitive to the leading and guiding of the Holy Spirit in your decisions, great and small.

In Jesus name we pray these things. Amen.

Psalms 32:8, Proverbs 4:7

DAY 10

#### THANK GOD FOR ANNOYANCES

Some days it can be hard to feel thankful when there’s a cranky kid, 13 loads of dirty clothes, a kitchen that looks like a crime scene, and a busted radiator. But no matter the setbacks and aggravations, and no matter how we feel, one thing remains the same—God is present in the trials we face. Even the smallest of trials do not go unnoticed by God. It sounds weird, but learn to be thankful for the hard stuff. Thank God for using these things to strengthen your faith and reliance on the Almighty. Pray for trust in God on the hardest of days and keep praises on your lips.

In Jesus name we pray these things. Amen.

Isaiah 55: 8-9, 1 Thessalonians 5:18, James 1:2-4

DAY 11

#### THANK GOD FOR YOUR FUTURE

Some days it’s hard to believe God has a good plan for you and your life. Often, it’s because we are too stubborn in seeking our own will and our own desires. We can get so down in the weeds with our current circumstances. Thank God today for the unseen hand of love in all that happens to you. Thank God for always loving and caring, even when our present circumstances would have us believe otherwise. Thank God for preparing you for great things. Ask God to gift you with patience and encourage your spirit to continue to trust in God’s goodness. Be humble. Seek God’s will, instead of your own.

In Jesus name we pray these things. Amen.

Jeremiah 29:11, John 10:10, Romans 8:28

DAY 12

#### THANK GOD FOR PRAYER

What a friend we have in Jesus. What a privilege we have to carry everything in prayer to our Lord—our hopes, dreams, worries, fears, burdens, petitions, and heartaches. Prayer is so needed and so important that Romans tells us the Holy Spirit intercedes on our behalf in accordance to God’s, even will when we’re unsure of what to pray. Tell God how thankful you are that prayers always fall on open ears. Thank God for being present for you every waking minute, ready for you to commune together. Ask for prayer to become a bigger part of your life, and ask that God would help you to be confident, yet reverent as you approach the Lord in prayer.

In Jesus name we pray these things. Amen

Psalms 34:15-18, Philippians 4:6, Matthew 7:7-8, Romans 8:26-27

## DAY 13

### THANK GOD FOR PROVIDING

Though some things we're in need of may seem unattainable, so far beyond anything anyone can do, with God all things are possible. Thank God for knowing your every need. Thank God in advance for delivering you, comforting you, and providing for you in a way no other can. Thank God for meeting your needs of shelter, food, clothing, warmth, clean water. Pray that God would show you how you can confidently say, "This is surely because of God."

In Jesus name we pray these things. Amen

Philippians 4:19, Matthew 19:26, Psalm 34:10, Matthew 6:25-26

## DAY 14

### THANK GOD FOR YOUR GIFTS

Are you gifted in leading praise and worship?

Maybe you're more of a behind-the-scenes person who sends cards of encouragement?

Maybe you're doubting you have a gift. Rest assured that God has given each and every one of us unique, fruit-bearing gifts to use in service to others. Each of us has something within us the Almighty will use for glory—God's glory—and as a part of God's plan for us. Thank God for to gifts other use to minister to you. Pray that you may use your heaven-sent gifts not for yourself but for God's glory alone.

In Jesus name we pray these things. Amen

1 Peter 4:10, 1 Corinthians 12:4-5, 1 Corinthians 14:26

## DAY 15

### THANK GOD FOR FORGIVENESS

Forgiveness is often difwho have hurt you so that your spiritual wounds might fi

Forgiveness is often difficult, but it is possible. It is a decision to be made and one for which we must ask God for help. Thank God for forgiveness today. Thank God for offering forgiveness in the new covenant of Christ's blood. Thank God for helping you forgive in times past when you didn't want to, when you didn't feel like it. Take this moment to ask God to search your heart for any unforgiveness you may have, that it might be revealed it to you. Pray God would help you forgive those who have hurt you so that your spiritual wounds might finally heal.

In Jesus name we pray these things. Amen

Matthew 6:15, Luke 17:4, Acts 2:38

## DAY 16

### THANK GOD FOR CHILDREN

Even if you're not a parent, children are all around you. They watch you. They look up to you. Maybe they bring joy to your life when you see them and their bigger-than-life personalities. Children, whether they belong to you or not, are blessings from God. And you are a child of God, a blessing. Thank your Heavenly Parent for calling you a child. Thank God for the gift of unconditional and endless love. Thank

God for your amazing inheritance from the Almighty. Seek God's guidance in how you can make a difference in the lives of your Sisters and Brothers in Christ.

In Jesus name we pray these things. Amen

Psalm 34:11, Luke 18:15-17, John 1:12, Ephesians 1:5

DAY 17

THANK GO FOR YOUR TRUE IDENTITY

This old world has a way of blinding us from the truth of who we really are, who God says we are. You don't have to believe what someone else calls you or labels you. Thank God today for your real identity: who you are in Christ. May your words express your gratitude to God, for you are a child of the Light, valued, loved, and redeemed. Thank Go that you are not what the world says you are but what God says you are. Pray that God would reveal someone who needs your help in learning who they are in God's eyes.

In Jesus name we pray these things. Amen

John 15:15, Romans 3:22-25, Romans 8:35-37

DAY 18

THANK GOD FOR THE HOLY SCRIPTURES

We are so blessed to have access to the Holy Scriptures in the presence of the Bible, to be able to hold it, house it in our homes and in our hearts, to read it and experience its life-giving power. It is a guide by which we are to learn about God's story and the Gospels of Jesus Christ. We thank God for the stories, psalms, Gospels and epistles that bring us closer to God's love. We thank the Lord for the divine inspiration of the scriptures and their meaning for our lives. Make known to to the Holy One how much you appreciate God's lamp unto your feet and light unto your path. Ask that God would use these Holy Scriptures to daily reveal Truth to you as you journey with Christ.

Psalm 18:30, Psalm 33:4, Psalm 130:5, John 1:1

DAY 19

BE THANKFUL FOR GOD'S PEACE

In this very loud, busy, chaotic, and stressful world we live in, a state of quietness or tranquility within is difficult to achieve. God offers peace as a gift to us, but we have to receive it in order for it to be central in our lives. God is synonymous with peace, so we must commune with God to experience the peace that surpasses all understanding. When we praise God we become filled with peace. Give thanks to God for the peace so generously offered. As you go to God in prayer, ask for a calm heart and mind and allow the Holy Spirit to fill you with peace.

In Jesus name we pray these things. Amen

Isaiah 54:10, John 14:27, Philippians 4:6-7

DAY 20

THANK GOD FOR FREEDOM

As believers in Christ, we have been reborn and are renewed by the Holy Spirit Our old ways and the old person we were are gone away. Because we were crucified with Christ, we no longer must be a slave to our old nature and our past sin. Be thankful for all the God has done to free you. Thank God for the freedom we have as a nation. Ask God to give you the courage to love mercy and seek freedom and justice for all

In Jesus name we pray these things. Amen

Romans 6:6, Romans 8:1-2, 2 Corinthians 3:17, 2 Corinthians 5:17, James 4:7

DAY 21

THANK GOD FOR YOUR JOB

Maybe it's not the one you wanted. Maybe you're not appreciated for the work that you do. Maybe you know there's something better out there. Maybe you've been praying for years for things to get better. Trust that there's a reason God has you in this particular job at this particular time. We only get to see a snippet, but God sees the whole timeline and wants what's best for us. Sometimes God keeps us in a hard spot for longer than is comfortable because we are a work in progress. Maybe you love your job and you're able to use the gifts God has given you. Thank God for the job that you have. Thank God that you have a paycheck, when so many others do not. Thank God that you are right where God wants you to be because it's what's best for you right now. Ask that God would help you work with all your heart for God's purposes, no matter the job or circumstances.

In Jesus name we pray these things. Amen

Colossians 3:23, Luke 16:10

DAY 22

THANK GOD FOR PUBLIC SERVANTS

Where would we be without those who serve our children, patrol the streets, medicate the sick, and come to our rescue when we're in crisis? Often these servants in our community must leave their own families to come to our aid. Thank God for creating and filling love's spirit in those who make such a difference in our lives through their giving and helping. Thank God for the times those in your community have gone above and beyond for you and your family. Thank God for working through others when we are in need. Pray a veil of protection over those public servants in your community. Ask God to give you the opportunity to express your gratitude to at least one of those selfless servants today.

In Jesus name we pray these things. Amen

Galatians 5:13, Philippians 2:5-7, Colossians 3:23

DAY 23

THANK GOD FOR YOUR LIFE

God is life. God gives life. God is the air we breathe, the one who makes the blood course through our veins. Thank God for knitting you together in your mother's womb. Thank God that you are Creation's handiwork, created in Christ Jesus to live a life that honors God, the Creator, the Mother and Father of us all. Offer up praise to God for the grace that makes our eternal life with God possible. Ask for help that you might be the proof of God's love for all to see. Ask God for the courage to be the Light of Love in this dark and seemingly lifeless world.

In Jesus name we pray these things. Amen

Psalms 27:4, Psalm 139:13-16, John 6:47, Ephesians 2:10

DAY 24

THANK GOD FOR THE HOLY SPIRIT

Forgive us our debts, we pray.

We remind ourselves each time of our own smallness and imperfection. We wonder why we even deserve God's amazing Grace. Yet God's grace is extended to us in so many ways. We are gifted with the presence of Christ, but also with the power of the Holy Spirit, to breathe the very breath of God into us, that might hold the presence of the Trinity in our hearts.

Thank God for the gift of the Holy Spirit—our Comforter, Intercessor, Advocate, Helper, Strengtheners within. Thank God for the amazing promise to be with you always.

What a blessed assurance even in our smallness!

Pray for the guidance and comfort of the Holy Spirit as you go about your day.

In Jesus name we pray these things. Amen

Psalms 27:1, John 14:16, John 14:26, John 15:26, Mark 1:8, Romans 8:26

DAY 25

THANK GOD FOR YOUR FAMILY

The happiest and healthiest of families are those grounded in the Creator. Godly families love one another, help one another up, honor each member with respect, and put others before themselves. But most of all, they put Christ first. God shows you the areas of your family life that aren't honoring God. Pray God's word would hold your family members close and God's love would hold them close to each other. Never forget that we are all part of God's family—all brothers and sisters in Christ.

In Jesus name we pray these things. Amen

Proverbs 1:8, Proverbs 22:6, Proverbs 31:15-17, Colossians 3:13

DAY 26

GIVE THANKS FOR GOD'S HELP

Maybe you woke up today troubled, depressed, full of anxiety or in despair. Know God sees you right where you are. Lift your eyes to God. Hear God's words in a whisper, "Do not fear; I will help you." Trust in God to grant you mercy and give you grace to get through this day. God is faithful. God is able. Thank God for giving you a spirit of power, love, and sound mind. Remind yourself that God's voice is the voice of love, not fear. Lift your prayers thanking God in advance for walking with you today. Breathe in God's Holy Spirit to comfort you and guide you. Thank God for being your ever-present help. Ask God to strengthen your faith as you go out into the world to be God's light for all others.

In Jesus name we pray these things. Amen

Psalms 46:1, Psalm 121, Isaiah 41:13, Philippians 4:13, 2 Timothy 1:7

DAY 27

THANK GOD FOR OUR WORLD

From the single-cell organism to the largest of living creatures, our world is a magical creation. From the tallest of mountains to sunset masterpieces, our God is Creator and the Creator is still in control. In fact, the Creator is always making things new. Thank God for spinning things in orbit in perfect rotation. Thank God for maintaining the perfect position of the sun to allow its light to illuminate the moon. Thank God for flinging the stars, spacing them just so. Thank God for allowing you to be a part of this beautiful place. Pray to be more mindful of the work of God's hand, that you would sing praises and glorify God in how you care for all of God's Creation.

In Jesus name we pray these things. Amen

Psalm 8:3-4, Psalm 19:1, Psalm 95:4-5, Psalm 104:24-25

DAY 28

#### THANK GOD FOR PROTECTION

Most, if not all of us, have experienced a time in our lives when we've been mistreated, wrongly accused, even victimized. Perhaps you've felt like you had no one on your side to come to your defense. The Scriptures tell us that God is our protector, refuge, and fortress. Thank God for loving you beyond all belief—even to the point of comforting and protecting you when you may feel most vulnerable. Give thanks to God for the love that protects and shields you. Thank God for the grace that shields you. Ask that God would continue to walk with you, clothing you in heavenly love and grace today and everyday day.

In Jesus name we pray these things. Amen

Psalm 91:7, Psalm 121:7, John 6:40, Isaiah 58:8, Ephesians 6:10-18

DAY 29

#### THANK GOD FOR CREATURE COMFORTS

Have you ever had a time when you were without electricity, running water, gas, technology, or vehicles? Recall how relieved you were when those amenities once again became available. Today, thank God for those creature comforts. Thank God for providing not only the essentials needed for everyday life but the non-essentials that make our days easier and comfortable. Thank God for giving humankind wisdom in how to make our lives more convenient. Thank God for hot water, for technology that keeps us connected to our loved ones, elevators, air conditioning, ice, heat... Thank God in advance for putting within your heart a new appreciation for the things that make our days easier. Ask God to help you to be content with all you have, and to want for nothing to much that you don't want God more than anything else. Ask God to think about how we might be a help to those who are way less fortunate than we are. For they are God's children too.

In Jesus name we pray these things. Amen

Psalm 84:12, Philippians 4:12-13, 1 Thessalonians 5:18

DAY 30

#### THANK GOD FOR HOW THE STORY ENDS

Despite all the sorrow, pain and suffering in this world, the Holy Scriptures remind us that when it's all said and done, God will prevail. We pray that God's Kingdom should come and God's will be done. That prayer reinforces our faith that we may see a day when there's no more pain, sorrow, suffering, and all that's wrong will be made right.

Tell God how thankful you are that there will come a day when tears will be wiped away. Be thankful for the day we will look into God's wonderful face and sit at the Creator's feet in sweet fellowship.

Oh, what a day that will be! Thank God, all wounds will be healed. Pray for a fresh touch of encouragement, reminding you of the hope you have in the Holy One. But among those reminders as we pray, ask God to help us be serious about our desire to see God's kingdom and God's will come to pass now. Ask in prayer how we can help to do God's will through our church. Ask how we can move the world closer to God's kingdom through our ministry and mission at St. Peter's. Ask how we can be a good ending in our service to others. Ask what you can do.

In Jesus name we pray these things. Amen

Revelation 21:3-4, Revelation 22:5