JOURNEY
COMMUNITY CHURCH

30 DAYS OF
CHOOSING GRATITUDE

A Thirty-Day Scripture, Reflection & Action Guide

"Give thanks to the LORD, for he is good; his love endures forever."

PSALM 107:1

DE PERE, WISCONSIN

journeydepere.com

AN INVITATION TO GRATITUDE

A grateful heart grows one day at a time.

Gratitude is more than a feeling we experience when life is going well. It is a deliberate response to God's faithfulness in the joys, responsibilities, and challenges of everyday life.

Over the next thirty days, set aside a few minutes to read Scripture, consider a reflection question, and respond with one practical action. Use this guide individually, with your family, or with your Growth Group.

Biblical gratitude does not require us to deny disappointment or pretend that everything is fine. Instead, it invites us to acknowledge what is difficult while remembering that God remains good and faithful.

HOW TO USE THIS GUIDE

READ: Begin with the Scripture passage listed for the day.

REFLECT: Consider the question prayerfully and honestly.

TAKE ACTION: Complete one simple practice to cultivate gratitude.

A DAILY PRAYER

Lord, open my eyes to Your goodness today. Teach me to remember Your faithfulness, to give thanks in every season, and to extend Your love to others. Amen.

Scripture references are provided so you may read each passage in your preferred Bible translation.

DAYS 01–04

CHOOSING GRATITUDE

DAY 01 Start with His Goodness

SCRIPTURE Psalm 107:1

God's goodness is not limited to the circumstances of one day. His faithful love gives us a place to begin.

REFLECT: Where have you noticed God's goodness this week?

TAKE ACTION: List three specific gifts from the past seven days. Thank God for each one.

DAY 02 Bring Your Worries to God

SCRIPTURE Philippians 4:6–7

Gratitude does not ignore anxiety. It invites us to bring our real concerns into God's presence.

REFLECT: What concern is taking up the most room in your thoughts?

TAKE ACTION: Write down that concern and one reason you can trust God today.

DAY 03 Notice Everyday Gifts

SCRIPTURE James 1:17

Many of God's gifts are so familiar that we stop noticing them.

REFLECT: What ordinary part of your life would you deeply miss if it were gone?

TAKE ACTION: Pause three times today to name a gift you usually overlook.

DAY 04 Peace in the Middle

SCRIPTURE Colossians 3:15

Thankfulness and the peace of Christ can live in our hearts even when life feels busy.

REFLECT: Where do you need Christ's peace right now?

TAKE ACTION: Take a quiet minute, breathe slowly, and offer a prayer of thanks.

DAYS 05–08

CHOOSING GRATITUDE

DAY 05 Thank God for People

SCRIPTURE 1 Chronicles 16:34

The steady love of God is often reflected in the kindness of people around us.

REFLECT: Who has shown you care in a meaningful way recently?

TAKE ACTION: Tell that person exactly what you appreciated.

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DAY 06 Receive the Greatest Gift

SCRIPTURE 2 Corinthians 9:15

Our gratitude begins with God's grace, not with anything we have earned.

REFLECT: What does the gift of Jesus mean to you personally?

TAKE ACTION: Share one reason you are grateful for Jesus with a trusted friend.

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DAY 07 Enter with Thanksgiving

SCRIPTURE Psalm 100:4

Worship turns our attention from what is missing to the One who is worthy.

REFLECT: What would change if you entered worship ready to give thanks?

TAKE ACTION: Speak three praises to God before your next time of worship.

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DAY 08 Remember Someone in Prayer

SCRIPTURE 1 Thessalonians 1:2

Gratitude deepens relationships when we express it and carry one another before God.

REFLECT: Whose influence has strengthened your life or faith?

TAKE ACTION: Send them a message and pray specifically for them.

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DAYS 09–12

CHOOSING GRATITUDE

DAY 09 Find Growth in Difficulty

SCRIPTURE Ephesians 5:20

A difficult season need not be called good in order for God to bring growth within it.

REFLECT: What has a recent challenge taught you about God or yourself?

TAKE ACTION: Write one lesson you are learning, and thank God for His help.

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DAY 10 Remember His Faithfulness

SCRIPTURE Psalm 9:1

Remembering what God has done gives us courage to trust Him in what comes next.

REFLECT: What is one answered prayer you don't want to forget?

TAKE ACTION: Record the story in a journal or tell it to someone.

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DAY 11 New Mercies

SCRIPTURE Lamentations 3:22–23

Each new morning invites us to receive God’s enduring compassion.

REFLECT: Where do you see evidence of mercy in this season?

TAKE ACTION: Before checking your phone tomorrow, thank God for three things.

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DAY 12 Strength for Today

SCRIPTURE Psalm 28:7

God strengthens us, and He often uses other people to remind us that we are not alone.

REFLECT: Who has stood beside you when you needed support?

TAKE ACTION: Thank that person and ask how you can encourage them.

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DAYS 13–16

CHOOSING GRATITUDE

DAY 13 Celebrate Small Joys

SCRIPTURE 1 Timothy 4:4

A thankful heart can recognize goodness in both extraordinary moments and ordinary routines.

REFLECT: What small moment brought you joy today?

TAKE ACTION: Take a photo or write a sentence to remember that moment.

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DAY 14 Let Gratitude Become Worship

SCRIPTURE Psalm 95:2

Thanksgiving is more than a thought. It can become prayer, music, and joyful praise.

REFLECT: How does worship help you remember who God is?

TAKE ACTION: Listen to a worship song and use it as a prompt for prayer.

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DAY 15 Rooted and Thankful

SCRIPTURE Colossians 2:6–7

As our faith grows deeper in Christ, thankfulness can become part of how we live.

REFLECT: How has God helped your faith grow over the last year?

TAKE ACTION: Write one way you have seen spiritual growth, however small.

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DAY 16 Love That Endures

SCRIPTURE Psalm 136:1

God's faithful love is not temporary. We can return to it through the changing seasons.

REFLECT: When have you experienced God's steadfast care?

TAKE ACTION: Thank Him for one specific example of that care.

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DAYS 17–20

CHOOSING GRATITUDE

DAY 17 Grace for a Second Chance

SCRIPTURE Jonah 2:9

God meets imperfect people with mercy, restoring and redirecting their lives.

REFLECT: Where have you been given an opportunity to begin again?

TAKE ACTION: Write a short prayer of thanks for God's patience with you.

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DAY 18 An Unshakable Hope

SCRIPTURE Hebrews 12:28

Our circumstances shift, but the hope we receive in Christ is secure.

REFLECT: What truth about God gives you confidence in uncertainty?

TAKE ACTION: Share that truth with someone who needs encouragement.

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DAY 19 Joy After Sorrow

SCRIPTURE Psalm 30:11–12

Gratitude can remember grief honestly while also recognizing moments of healing.

REFLECT: When have you noticed hope returning after a painful time?

TAKE ACTION: Write down a memory of God's comfort or sustaining presence.

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DAY 20 Thankfulness in Daily Work

SCRIPTURE Colossians 3:17

Even routine responsibilities can become opportunities to honor God.

REFLECT: What ordinary task could you approach with a different attitude?

TAKE ACTION: Choose one task and do it today as an offering of thanks.

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DAYS 21–24

CHOOSING GRATITUDE

DAY 21 Praise in Hard Seasons

SCRIPTURE Psalm 34:1

Choosing praise does not require pretending that pain is absent.

REFLECT: What is still true about God in the difficulty you are facing?

TAKE ACTION: Pray honestly about the hardship and name one reason for thanks.

DAY 22 Look for Redemption

SCRIPTURE Romans 8:28

God is at work in the lives of those who love Him, even when we cannot see the full picture.

REFLECT: Where have you seen something meaningful emerge from a hard experience?

TAKE ACTION: Write that story down without minimizing what was painful.

DAY 23 Morning and Evening

SCRIPTURE Psalm 92:1–2

Simple rhythms of thanksgiving help train our attention toward God's love and faithfulness.

REFLECT: What reminder would help you practice gratitude consistently?

TAKE ACTION: Begin and end today by naming one thing you are thankful for.

DAY 24 The Gift of Community

SCRIPTURE Philippians 1:3

People are among God's great gifts, and expressing appreciation strengthens community.

REFLECT: Who at church, home, or work makes your life better?

TAKE ACTION: Call, text, or write them a thoughtful thank-you.

DAYS 25–28

CHOOSING GRATITUDE

DAY 25 Receive Today

SCRIPTURE Psalm 118:24

Today is not just another square on the calendar; it is a day we can receive from the Lord.

REFLECT: What is one good thing about this particular day?

TAKE ACTION: Say three specific thanks aloud before the day ends.

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DAY 26 Tell the Story

SCRIPTURE Isaiah 12:4–5

Sharing what God has done can awaken gratitude in other people too.

REFLECT: What story of God's goodness could encourage someone?

TAKE ACTION: Tell that story in a conversation or a short message.

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DAY 27 Victory in Christ

SCRIPTURE 1 Corinthians 15:57

Our deepest gratitude rests in the victory God gives us through Jesus Christ.

REFLECT: How does the hope of salvation shape your perspective today?

TAKE ACTION: Take time to thank Jesus for the grace and hope you have in Him.

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DAY 28 Wonder at Creation

SCRIPTURE Psalm 136:26

The created world gives us countless reminders of God's creativity and care.

REFLECT: What part of creation most often draws you to wonder?

TAKE ACTION: Go outside, notice three details, and thank the Creator.

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DAYS 29–30

CHOOSING GRATITUDE

DAY 29 A Thankful Prayer Life

SCRIPTURE Colossians 4:2

Gratitude grows through prayer that pays attention to God's presence and activity.

REFLECT: How could thankfulness become a more regular part of your prayers?

TAKE ACTION: Write a five-sentence prayer focused on gratitude.

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DAY 30 Keep Choosing Gratitude

SCRIPTURE Revelation 7:12

Thanksgiving is not just a thirty-day project; it is part of the worship we were made for.

REFLECT: What changed in how you noticed or expressed gratitude this month?

TAKE ACTION: Choose one daily practice you will carry into the next thirty days.

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