

# SCRIPTURE JOURNALING

## 30 Days of Thanks

Focusing on giving thanks—practicing gratitude—is transformative for your mindset, relationships, and overall well-being.

encouragement faith hope wisdom love trust

- 1. Gratitude Shifts Your Perspective** - When you intentionally give thanks, you train your mind to focus on what's good in your life rather than dwelling on challenges or unmet desires. This shift can bring a deeper sense of joy and contentment.
- 2. Boosts Mental Health** - Gratitude has been shown to reduce symptoms of depression, anxiety, and stress. By acknowledging the positives in your life, you create space for hope, optimism, and resilience to grow.
- 3. Strengthens Relationships** - When you express gratitude to others—your spouse, kids, friends, or even strangers—you deepen those connections and make people feel seen and valued. Gratitude builds trust and emotional intimacy.
- 4. Improves Physical Health** - Research shows that grateful people often experience better sleep, lower blood pressure, and stronger immune systems. Gratitude can promote a healthier lifestyle by reducing stress and encouraging self-care.
- 5. Models a Heart of Thankfulness for Your Family** - As a mom, focusing on giving thanks sets a powerful example for your children. It teaches them to appreciate life's blessings, recognize the efforts of others, and approach life with humility and grace.
- 6. Transforms Ordinary Moments** - Gratitude turns small, everyday experiences into meaningful ones. A family dinner, a morning walk, or a hug from your child becomes more profound when viewed through a lens of thankfulness.
- 7. Cultivates Spiritual Growth** - For many, giving thanks is a spiritual practice that draws them closer to their faith. It can help you connect with something greater than yourself, deepening your sense of purpose and grounding.
- 8. Increases Resilience in Hard Times** - Gratitude doesn't mean ignoring struggles, but it does help you find the good even in difficult moments. It strengthens your ability to persevere with hope and perspective.

thanks courage humility grace joy contentment

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### 1 Psalm 9:1

"I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds."

### 2 Psalm 30:12

"That my glory may sing your praise and not be silent. O Lord my God, I will give thanks to you forever!"

### 3 Psalm 28:7

"The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him."

### 4 Psalm 7:17

"I will give to the Lord the thanks due to his righteousness, and I will sing praise to the name of the Lord, the Most High."

### 5 Psalm 100:4

"Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!"

### 6 Psalm 95:2

"Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!"

### 7 Psalm 106:1

"Praise the Lord! Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!"

### 8 Psalm 69:30

"I will praise the name of God with a song; I will magnify him with thanksgiving."

### 9 Psalm 30:4

"Sing praises to the Lord, O you his saints, and give thanks to his holy name."

### 10 Psalm 107:1

"Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!"

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### **11** Romans 1:8

“First, I thank my God through Jesus Christ for all of you, because your faith is proclaimed in all the world.”

### **12** 1 Corinthians 15:57

“But thanks be to God, who gives us the victory through our Lord Jesus Christ.”

### **13** 1 Thessalonians 5:18

“Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”

### **14** Ephesians 5:20

“Giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ.”

### **15** 2 Corinthians 2:14

“But thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere.”

### **16** Colossians 3:17

“And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.”

### **17** 1 Corinthians 1:4

“I give thanks to my God always for you because of the grace of God that was given you in Christ Jesus.”

### **18** Romans 7:25

“Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin.”

### **19** 2 Corinthians 9:15

“Thanks be to God for his inexpressible gift!”

### **20** Ephesians 1:16

“I do not cease to give thanks for you, remembering you in my prayers.”

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### **21** Revelation 11:17

"We give thanks to you, Lord God Almighty, who is and who was, for you have taken your great power and begun to reign."

### **22** 1 Timothy 4:4-5

"For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, for it is made holy by the word of God and prayer."

### **23** 2 Corinthians 8:16

"But thanks be to God, who put into the heart of Titus the same earnest care I have for you."

### **24** Jonah 2:9

"But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the Lord!"

### **25** Philippians 4:6

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

### **26** Isaiah 12:4

"And you will say in that day: 'Give thanks to the Lord, call upon his name, make known his deeds among the peoples, proclaim that his name is exalted.'"

### **27** Colossians 4:2

"Continue steadfastly in prayer, being watchful in it with thanksgiving."

### **28** Hebrews 12:28

"Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe."

### **29** Psalm 145:10

"All your works shall give thanks to you, O Lord, and all your saints shall bless you!"

### **30** Nehemiah 12:46

"For long ago in the days of David and Asaph there were directors of the singers, and there were songs of praise and thanksgiving to God."