

30 Days of Gratitude

A month to grow awareness of gratitude in the heart and express it through daily actions.

How to use the 30 Day of Gratitude Guide:

Simple – Just do the reflection and the activity if you would like.

A Little Bit More – Journal the response to the reflection or activity each day.

A Family Affair – Discuss & plan each day as a family. Make it part of your daily routine...wherever it fits. You can even cut out each Nov. and place in on the fridge, bathroom mirror, etc. as a reminder.

Nov. 1: Thankful for New Beginnings

Reflection: What is something new God is doing in your life right now?

Adult Action: Tell someone you appreciate them — aloud.

Kid Activity: Practice saying “thank you” three times today — at home, school and church.

Teen Activity: Post or text a genuine compliment to a friend — no emojis, just real words.

Nov. 2: Gratitude for Life

Reflection: Take 3 minutes to write down all the things for which you are thankful.

Adult Action: Step outside, take a deep breath, and thank God for this moment.

Kid Activity: Draw a picture of something in nature you are thankful for.

Teen Activity: Take 3 minutes to write down all the things for which you are thankful.

Nov. 3: Thankful for People Who Help You Feel Positive

Reflection: Who makes you feel better or joyful when you are around them?

Adult Action: Send that person a funny text or meme just to brighten their day.

Kid Activity: Tell a family member or friend a silly joke to make them laugh.

Teen Activity: Share a positive post or funny meme that encourages joy.

Nov. 4: Grateful for the Church Family

Reflection: Who in your church community encourages you the most?

Adult Action: Write a quick thank-you card or message to a church friend or leader.

Kid Activity: Draw or color a picture for your teachers or church helper.

Teen Activity: Send a thank-you text to your youth leader or pastor.

Nov. 5: Thankful for God’s Faithfulness

Reflection: When has God shown up for you unexpectedly?

Adult Action: Journal about a time God came through for you.

Kid Activity: Thank God aloud for something good He has done.

Teen Activity: Post a verse or quote about God’s faithfulness online.

Nov. 6: Grateful for Music

Reflection: What worship song really touches you?

Adult Action: Listen to that song today — and sing along like you mean it.

Kid Activity: Sing your favorite worship song for or with your family.

Teen Activity: Make a short playlist of worship songs that lift your mood.

Nov. 7: Thankful for Challenges

Reflection: What challenging thing taught you something valuable?

Adult Action: Write down one lesson learned from a difficult season.

Kid Activity: Share a story with an adult about something that has been hard.

Teen Activity: Share how God helped you through a tough time with a friend.

Nov. 8: Grateful for Scripture

Reflection: What verse has carried you through tough times?

Adult Action: Share that verse on social media or text it to a friend.

Kid Activity: Memorize a short Bible verse about thankfulness.

Teen Activity: Write a verse on a sticky note and place it on your mirror or phone.

Nov. 9: Thankful for Creation

Reflection: What part of God's creation fills you with awe?

Adult Action: Take a walk, snap a photo of something beautiful, and thank God for it.

Kid Activity: Pick a leaf, flower, or rock and thank God for making it.

Teen Activity: Spend five minutes outside listening and praying silently.

Nov. 10: Grateful for Prayer

Reflection: What is one prayer God has answered lately?

Adult Action: Pray specifically for someone else today.

Kid Activity: Pray for a friend or family member who needs help.

Teen Activity: Write out a prayer and share it privately with someone who needs encouragement.

Nov. 11: Thankful for Peace

Reflection: When do you feel most at peace with God?

Adult Action: Spend five minutes in quiet — no phone, no noise, just stillness.

Kid Activity: Sit quietly for one minute and thank God for being near.

Teen Activity: Take a few deep breaths and listen to worship music before bed.

James 1:17

"Every good and perfect gift is from above, coming down from the Father of the heavenly lights..."

Nov. 12: Grateful for Provision

Reflection: How has God met your needs lately?

Adult Action: Donate a can of food or a gently used item to someone in need.

Kid Activity: Donate something you no longer use to a friend or charity.

Teen Activity: Buy a snack for a classmate or friend who forgot theirs.

Nov. 13: Thankful for Memories

Reflection: What memory still makes you smile?

Adult Action: Call or text someone from that memory and reminisce together.

Kid Activity: Look through old photos and talk about happy times.

Teen Activity: Share a memory that shows God's goodness on your story or feed.

Nov. 14: Grateful for Forgiveness

Reflection: What does God's mercy mean to you?

Adult Action: Forgive someone today — it doesn't need to be a discussion, just heal your heart.

Kid Activity: Say sorry to someone if needed and give them a hug.

Teen Activity: Pray for someone who is hard to forgive and ask God to soften your heart.

Nov. 15: Thankful for Work

Reflection: What part of your work or service brings you joy?

Adult Action: Leave a kind note or snack for a coworker.

Kid Activity: Help a teacher, parent or sibling with a small task.

Teen Activity: Thank a teacher, boss or leader for how they guide you.

Nov. 16: Grateful for Rest

Reflection: How can you slow down and recharge today?

Adult Action: Take a nap, read Scripture or enjoy a quiet cup of tea.

Kid Activity: Snuggle up with a book or soft blanket and rest quietly.

Teen Activity: Take a few minutes to stretch without screens.

1 Chronicles 16:34: "Give thanks to the Lord, for he is good; his love endures forever."

Nov. 17: Thankful for Friends Who Pray

Reflection: Who can you pray with today?

Adult Action: Send a quick message: "Hey, how can I pray for you this week?"

Kid Activity: Pray with a family or a friend before bedtime.

Teen Activity: Ask a friend how they are really doing and offer to pray together or do it silently.

Nov. 18: Grateful for Growth

Reflection: How have you grown in faith this year?

Adult Action: Write a brief note to your future self about what you are learning.

Kid Activity: Draw a tree or plant to remind you that you are growing in God's love.

Teen Activity: Share one thing you have learned about faith with a friend.

Nov. 19: Thankful for Humor

Reflection: What made you laugh this week?

Adult Action: Watch or read something that makes you laugh aloud.

Kid Activity: Tell your family your funniest joke tonight at dinner.

Teen Activity: Send a funny (clean!) meme to a friend to make them smile.

Nov. 20: Grateful for Kindness

Reflection: How can you show kindness today?

Adult Action: Pay for someone's coffee or meal or just hold the door with a smile.

Kid Activity: Help someone- without being asked to help.

Teen Activity: Do a random act of kindness at home, school or youth group.

Nov. 21: Thankful for Family

Reflection: Who feels like family to you?

Adult Action: Reach out and tell them you love them — in words, not just emojis.

Kid Activity: Give your parents or siblings an extra hug today.

Teen Activity: Send a grateful message to a family member or mentor.

Colossians 3:17: "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."

Nov. 22: Grateful for Hope

Reflection: What situation are you trusting God to redeem?

Adult Action: Write a prayer of hope — seal it and revisit it next year.

Kid Activity: Draw a rainbow as a reminder that God keeps His promises.

Teen Activity: Write a prayer of hope — seal it and revisit it next year.

Nov. 23: Thankful for Healing

Reflection: Where do you see God restoring you?

Adult Action: Write down one area you are asking God to heal and thank Him in advance.

Kid Activity: Pray for someone who is sick or hurting.

Teen Activity: Write down an area in your life you need God's help and thank in Him in advance.

Nov. 24: Grateful for Hospitality

Reflection: Who has been generous with you lately?

Adult Action: Invite someone for coffee or a simple meal this week.

Kid Activity: Help set the table or welcome guests to your home.

Teen Activity: Say hello to someone new at church and make them feel included.

Nov. 25: Thankful for Purpose

Reflection: What makes you feel most alive in serving others?

Adult Action: Volunteer somewhere this week.

Kid Activity: Help with a small job at church or at home.

Teen Activity: Ask how you can serve in youth group or school.

Nov. 26: Grateful for Strength in Storms

Reflection: When has God carried you through a storm?

Adult Action: Write a short testimony and share it with your small group or a friend.

Kid Activity: Talk about a time God helped you be brave.

Teen Activity: Encourage a friend who is struggling — remind them they are not alone.

1 Thessalonians 5:16–18: "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Nov. 27: Thankful for Little Things

Reflection: List five small blessings from today.

Adult Action: Snap a photo of one and post it with #GratefulHeart.

Kid Activity: Find one tiny thing that makes you happy and thank God for it.

Teen Activity: Write a list of five good things from today before bed.

Nov. 28: Grateful for God's Presence

Reflection: When do you feel God's presence the most?

Adult Action: Take communion privately or find time to dig into God's presence today.

Kid Activity: Draw a picture of what Jesus's love looks like to you.

Teen Activity: Find time to deliberately seek God's presence.

Nov. 29: Thankful for the Future

Reflection: What are you hopeful for in the coming year?

Adult Action: Write a "gratitude letter" to God for what is ahead.

Kid Activity: Tell someone what you ask for God to help you with next year.

Teen Activity: Write one goal or prayer for the next season of your life, even if it seems impossible.

Nov. 30: Grateful for Jesus

Reflection: End this month simply: "Thank You, Lord, for everything."

Adult Action: Spend a few minutes in worship — sing, pray, or sit in silence with Him.

Kid Activity: Today say aloud, "Thank You, Jesus for (pick three different things).

Teen Activity: Spend five minutes in worship — just you and Jesus, no distractions.

Ephesians 5:20: "...always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ."