



Messy Worship

30-Day Gratitude Challenge

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| <input type="checkbox"/> Your favorite hobby | <input type="checkbox"/> The ability to learn |
| <input type="checkbox"/> A happy memory | <input type="checkbox"/> Fridays |
| <input type="checkbox"/> Your favorite dessert | <input type="checkbox"/> Moments of silence |
| <input type="checkbox"/> Your parents | <input type="checkbox"/> Opposable thumbs |
| <input type="checkbox"/> Gravity | <input type="checkbox"/> Logic |
| <input type="checkbox"/> Your health | <input type="checkbox"/> Belly laughs |
| <input type="checkbox"/> A friend | <input type="checkbox"/> Technology |
| <input type="checkbox"/> Grace | <input type="checkbox"/> Heaven |
| <input type="checkbox"/> Something in nature | <input type="checkbox"/> Blankets and cozy chairs |
| <input type="checkbox"/> Unique personalities | <input type="checkbox"/> Music |
| <input type="checkbox"/> Your favorite animal | <input type="checkbox"/> Mountains |
| <input type="checkbox"/> A-ha moments | <input type="checkbox"/> Coffee/Tea |
| <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Your favorite season |
| <input type="checkbox"/> Books | <input type="checkbox"/> Sunsets |
| <input type="checkbox"/> Hope | <input type="checkbox"/> Jesus |

It's soooooo easy to get bogged down by the challenges surrounding us. Instead, for 30 days, let's focus on what is going RIGHT! At the start of your day, write down the item of the day you're thankful for based upon the prompts here. Every time you're tempted to get frustrated by the day, look at that word and instead say,

"Thank you God for _____!"