

30 Day Prayer Challenge

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

Our lives can be filled with news, events, circumstances that can discourage and make us feel hopeless and out of control. We often long for a sense of peace and comfort. I believe that a prayer of thanksgiving can be the antidote for the negative thoughts that prevail in our culture and lives. A grateful heart will bring hope and peace to your daily lives.

So, I challenge each of us to take 30 days and simply begin your day by thanking God for something. It will start your day looking heavenward and you will likely keep looking for the good that is all around you regardless of your situation.

Each day begin your day by listing something to be grateful for.

Blessings on this journey.

I Thank God for:

1. _____
2. _____
3. _____
4. _____
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30. _____

Scripture to encourage you to keep a thankful heart:

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus **...from *Philippians 4***

Devote yourselves to prayer, being watchful and thankful **...from *Colossians 4***