

Challenge Accepted

30 Days of Praise

DAY #1

Because it is the will of God!

in everything give thanks; for this is the will of God in Christ Jesus for you. – 1 Thessalonians 5:18

DAY #2

“God says to give thanks in everything. That doesn’t mean you need to give thanks FOR everything. You don’t need to give thanks FOR that bad day. Or FOR that bad relationship. Or being passed over at work. Financial hardship. Whatever it is – you are not to give thanks FOR the difficulties, but rather IN the difficulties. That is a very important distinction, and one I think we often miss. Giving thanks IN everything shows a heart of faith that God is bigger than the difficulties and that He can use them, if you approach Him with the right heart and spirit, for your good and His glory.” –*Tony Evans*

DAY #3

Be thankful in your prayers.

Continue earnestly in prayer, being vigilant in it with thanksgiving – Colossians 4:2

DAY #4

Be joyful. Be glad.

Make a joyful shout to the LORD, all you lands! ² Serve the LORD with gladness; Come before His presence with singing. ³ Know that the LORD, He *is* God; *It is* He *who* has made us, and not we ourselves; *We are* His people and the sheep of His pasture. ⁴ Enter into His gates with thanksgiving, *And* into His courts with praise. Be thankful to Him, *and* bless His name. ⁵ For the LORD *is* good; His mercy *is* everlasting, And His truth *endures* to all generations. – Psalm 100:1-5

DAY #5

“God is in control, and therefore in EVERYTHING I can give thanks - not because of the situation but because of the One who directs and rules over it.” –*Kay Arthur*

DAY #6

Pray for others.

I thank my God, making mention of you always in my prayers – Philemon 1:4

DAY #7

Magnify God. Not your problems.

I will praise the name of God with a song, And will magnify Him with thanksgiving. – Psalm 69:30

DAY #8

Sing it from your heart!

Oh, give thanks to the LORD, for *He is good!* For His mercy *endures* forever. – 1 Chronicles 16:34

DAY #9

“In happy moments, PRAISE GOD. In difficult moments, SEEK GOD. In quiet moments, WORSHIP GOD. In painful moments, TRUST GOD. Every moment, THANK GOD.” –**Rick Warren**

DAY #10

Thank Him for the good gifts.

Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning. – James 1:17

DAY #11

It all goes to God!

saying: “Amen! Blessing and glory and wisdom, Thanksgiving and honor and power and might, Be to our God forever and ever. Amen.” – Revelation 7:12

DAY #12

“Be thankful. God has commanded it—for our good and for His glory. God’s command to be thankful is not the threatening demand of a tyrant. Rather, it is the invitation of a lifetime—the opportunity to draw near to Him at any moment of the day.” –**Nancy DeMoss Wolgemuth**

DAY #13

Be thankful to serve in the capacity He has given you.

Therefore, since we are receiving a kingdom which cannot be shaken, let us have grace, by which we may serve God acceptably with reverence and godly fear. – Hebrews 12:28

DAY #14

There is never a need to be anxious about our situation or the future.

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. – Philippians 4:6-7

DAY #15

“Gratitude is an offering precious in the sight of God, and it is one that the poorest of us can make and be not poorer but richer for having made it.” –**A.W. Tozer**

DAY #16

Praise is a good sacrifice!

Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of *our* lips, giving thanks to His name. – Hebrews 13:15

DAY #17

You are a work of the Lord. His works are marvelous. Praise Him!

I will praise You, for I am fearfully *and* wonderfully made; Marvelous are Your works, And *that* my soul knows very well. – Psalm 139:14

DAY #18

"Let us thank God heartily as often as we pray that we have His Spirit in us to teach us to pray. Thanksgiving will draw our hearts out to God and keep us engaged with Him; it will take our attention from ourselves and give the Spirit room in our hearts." --**Andrew Murray**

DAY #19

Be rooted in HIM and abound in thanksgiving!

As you therefore have received Christ Jesus the Lord, so walk in Him, ⁷rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving. – Colossians 2:6-7

DAY #20

Remember who HE is and give thanks!

Sing praise to the LORD, you saints of His, And give thanks at the remembrance of His holy name. – Psalm 30:4

DAY #21

"When we choose thankful prayer over wallowing in anxiety and worry, we are demonstrating an unwavering trust in God." –**Priscilla Shirer**

DAY #22

We have nothing without Him. Give Him praise!

For all things *are* for your sakes, that grace, having spread through the many, may cause thanksgiving to abound to the glory of God. – 2 Corinthians 4:15

DAY #23

Children of God have benefits. Bless HIM!

Bless the LORD, O my soul, And forget not all His benefits: - Psalm 103:2

DAY #24

"If there was ever a secret for unleashing God's powerful peace in a situation, it's developing a heart of true thanksgiving." –**Lysa Terkeurst**

DAY #25

Lift up your head because the Lord shines upon you. Give thanks!

“The LORD bless you and keep you; ²⁵The LORD make His face shine upon you, And be gracious to you; ²⁶The LORD lift up His countenance upon you, And give you peace.” – Numbers 6:24-26

DAY #26

“What I see in the Bible, especially in the book of Psalms, which is a book of gratitude for the created world, is a recognition that all good things on Earth are God’s, every good gift is from above.” –**Philip Yancey**

DAY #27

Thank the Lord for celebrating you.

The LORD your God in your midst, The Mighty One, will save; He will rejoice over you with gladness, He will quiet *you* with His love, He will rejoice over you with singing.” – Zaphaniah 3:17

DAY #28

Be thankful for the love He has towards you.

Greater love has no one than this, than to lay down one’s life for his friends. – John 15:13

DAY #29

You have help. Praise Him!

The LORD *is* my strength and my shield; My heart trusted in Him, and I am helped; Therefore my heart greatly rejoices, And with my song I will praise Him. – Psalm 28:7

DAY #30

"The Christian who walks with the Lord and keeps constant communion with Him will see many reason for rejoicing and thanksgiving all day long." - **Warren W. Wiersbe**