

THE  
*Gratitude*  
CHALLENGE

**30** *Day*

DEVOTIONAL

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WANDRA WILLIAMS

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*This devotional belongs to:*

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# *Hello friend!*

I'm so glad you've decided to take this journey! In this devotional, you are challenged to intentionally give thanks and show gratitude for all the Lord has done for you for 30 days. Each day, you will have a devotional with a gratitude focus for the day and a place for you to journal your daily thoughts of thanks. It is my prayer, by the end of this challenge you find your heart overflowing with gratefulness for all the Lord has done.

Blessings and Love,

*Wandra*

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*The Gratitude Challenge*  
*30-Day Devotional*

BY WANDRA WILLIAMS

# Day 1

Your gratitude focus for today is “**Family**”. Families are one of God’s many blessings. Even though the dynamics of families may be different, it’s a blessing to know and understand your family history and roots. Some are family by blood, and some become family by love. As you focus on your family today, begin to think about all the things the Lord has done for you and your family, whether great or small, it’s worth being thankful for. As you express your heart of thanks, be grateful for the new family you have through the blood of Christ Jesus and seek to love with intentionality.

SCRIPTURE FOR TODAY | John 13:34-35 (KJV)

*“A new commandment I give unto you, that ye love one another; as I have loved you, that ye also love one another. By this shall all men know that ye are my disciples, if ye have love one to another.”*

PRAYER FOR TODAY | *Lord, I am thankful for the gift of family. Thank you, Lord, for the family I have by blood and the ones I’ve gained by love. Lord, help me to love my family with great intention each day. In Jesus name, Amen.*





## Day 2

Your gratitude focus for today is "**Friends**". The value of healthy friendships is priceless. Perhaps you have friends that you've known since childhood, or perhaps you've made friends recently. Whatever the case, take the time today to be thankful for the friends you have. If you find yourself struggling with friendships, ask God to help you establish the friendships you need in this season of your life. No one is perfect, but God blesses us with divine friendships that are perfect for us; those blessed friendships that add value to our lives, by helping us be who God desires us to be, and remember, Jesus is the best friend we could ever have.

SCRIPTURE FOR TODAY | Proverbs 18:24 (KJV)

*"A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother."*

PRAYER FOR TODAY | *Lord, I am thankful for the gift of friendship. Thank you, Lord, for the divine friendships you've blessed me to have. Thank you most of all for being the friend who sticks closer than a brother. In Jesus name, Amen.*



# Day 3

Your gratitude focus for today is "**Health**". With the overwhelming amount of sickness many are experiencing, to have good health is in fact something to be extremely thankful for. No, you may not feel well all the time, but think about the days that you do. If you are fortunate to be able to clothe and dress yourself without aid or assistance, this is a reason to be thankful. If you can focus and remember things with clarity, what a blessing! Life can happen so quickly that we fail to remember and appreciate the value of good health. As you think about your health, begin to thank God for how He has sustained you and how things are as well as they are.

SCRIPTURE FOR TODAY | 3 John 1:2 (KJV)

*"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."*

PRAYER FOR TODAY | *Lord, thank you for my life, health, and strength. Thank you for giving me the physical abilities I need to function from day to day. Help me not to take the gift of good health for granted and to glorify you with my body by taking care of it. In Jesus name. Amen.*



# Day 4

Your gratitude focus for today is “**Salvation**”. The gift of salvation is given to you and all because of the shed blood of Jesus Christ. Salvation has changed your name and your nature. What you once were, you are no more because you’ve been washed in the blood of the Lamb. Today fix your heart with gratitude for the saving grace of God. Jesus paid it all for you. Thank God, thank God, thank God!

SCRIPTURE FOR TODAY | Ephesians 2:8-9 (KJV)

*“For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast.”*

PRAYER FOR TODAY | *Father, thank you for the precious and priceless gift of salvation. Thank you for sending your only Son to die on the cross for my sin. My heart is forever grateful to know you as my Lord and savior. In Jesus name. Amen.*



# Day 5

Your gratitude focus for today is “**Food and Shelter**”. With so many in our society and the world who are without the necessities of food and shelter, how blessed you are to be able to go to your cabinet, pantry, or refrigerator to get food to eat. How blessed you are to be able to turn the key and enter the safe space you call home. The Lord provides everything you need. There's no need to worry about tomorrow because it will take care of itself. Be grateful today for how God has often given you more than enough to the point your cup has overflowed.

SCRIPTURE FOR TODAY | Matthew 6:25 (KJV)

*“Therefore, I say unto you, take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?”*

PRAYER FOR TODAY | *Father, thank you for providing me with everything I need and even the things I want. With a grateful heart, I thank you for taking care of me. In Jesus name. Amen.*





# Day 6

Your gratitude focus for today is "**Your Job**". Why be thankful for your job? Because your job allows you to provide for your family. It is a resource God has blessed you with to supply your family with what they need. Your work environment may not be what you desire it to be but take the time to be grateful for the job you have while trusting God to open the door of opportunity for something better. Begin to see your job as a place for you to be the light and salt of the earth and witness to others about the gift of salvation. Be grateful to God for giving you your job as a sphere of influence, that is ultimately all for His glory.

SCRIPTURE FOR TODAY | Colossians 3:23 (KJV)

*"<sup>23</sup> And whatsoever ye do, do it heartily, as to the Lord, and not unto men;"*

PRAYER FOR TODAY | *Father, thank you for providing me with a job. I am thankful that you are my source, and this job is my resource. As I go to work each day, help me to be an example that pleases you. Help me to work in a manner that brings glory to you. In Jesus name. Amen.*



# Day 7

Your gratitude focus for today is “**Children**”. Children are a beautiful gift from God. Your children come with your personality and many of the traits connected to your bloodline. Today, choose to be grateful for your children, whether they are little ones or full-grown adults. If you've never had children by blood, why not thank and praise God for the children you've nurtured with love! The seed of sincere love you give to children is something they will never forget, and that love is a beautiful harvest for you to reap when you grow old.

SCRIPTURE FOR TODAY | Psalm 127:3 (KJV)  
*“Lo, children are an heritage of the Lord: and the fruit of the womb is his reward.”*

PRAYER FOR TODAY | *Father, thank you for my children. Thank you for the children you've given me to nurture and love. I'm grateful for how you care for them and for me. In Jesus name. Amen.*



# Day 8

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Your gratitude focus for today is "**Sight**". The ability to see is something that is often taken for granted until it's something you no longer have. The fact that you can see the words on this page is something to be thankful for. Be grateful that you're able to look up and see the clouds in the sky and the leaves on the trees. Be grateful that you're able to physically see the beautiful creation of God. With Christ Jesus as your Lord and savior you're blessed to not only have sight but vision; the ability to see yourself the way God sees you.

SCRIPTURE FOR TODAY | Matthew 11:5 (KJV)  
*"The blind receive their sight, and the lame walk, the lepers are cleansed, and the deaf hear, the dead are raised up, and the poor have the gospel preached to them."*

PRAYER FOR TODAY | *God, I thank you for the ability to see. I'm grateful that I get to enjoy the beauty of all that you've created, may I never take this wonderful gift for granted. Most of all I'm grateful that I not only have sight, but vision. In Jesus name. Amen.*



# Day 9

Your gratitude focus for today is “**Freedom to worship**”. It is so amazing to be in Christ and have the freedom to worship. Your worship to God is a way for you to express your love for God. God created you to worship him. Today, give Him thanks and praise for this freedom. Give him thanks and praise for the freedom to worship Him without restraint or restriction. Your breakthrough is predicated upon your worship. Will you take the time to praise God for this freedom and worship Him today?

SCRIPTURE FOR TODAY | John 4:23 (KJV)  
*“But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.”*

PRAYER FOR TODAY | *God, I thank you for the freedom I have to worship you in Spirit and in truth. My heart is full of gratitude today because I'm able to worship you without restraint. In Jesus name. Amen.*





# Day 10

Your gratitude focus for today is "**Technology**". Yes, show some gratitude today for modern technology. Technology has evolved in a way that allows you to connect and build relationships with your family and other people you may not have otherwise met. Technology is used as a means to spread the Gospel of Jesus Christ. Consider this, how many times has your day shifted because someone you knew on social media posted an inspirational message, or scripture, and it was just what you needed in that moment? So, yes, give God praise for technology. Technology when used correctly can bring glory to God, change lives, and spread the Gospel of Jesus. Be grateful you're able to use it to advance God's Kingdom agenda!

SCRIPTURE FOR TODAY | John 14:12 (KJV)  
*"Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father."*

PRAYER FOR TODAY | *Father, thank you for the ability to use technology in a way that brings you glory. Thank you for every post or message I've ever seen that changed my life or gave me the answers I needed in that moment. In Jesus name. Amen.*



# Day 11

Your gratitude focus for today is "**Mistakes**". Mistakes work out for your good when you take the opportunity to learn from them. You were not created without flaws and by nature, you're subject to make mistakes. Making mistakes reminds us that we're human and if we allow it to, it makes us humble and ready to learn from them. Be grateful for every mistake you've ever made in life. Remember the lessons it taught you. Be grateful for those lessons and be open to sharing with others the wisdom you've gained. You are a flawed human, but you serve the perfect One!

SCRIPTURE FOR TODAY | Romans 8:28 (KJV)  
*"And we know that all things work together for good to them that love God, to them who are the called according to his purpose."*

PRAYER FOR TODAY | *Father, thank you for every mistake I've made in my life. I'm thankful for the lessons I've learned and the wisdom I've gained. I'm grateful my mistakes remind me that I'm a flawed human, but I'm made perfect in you. In Jesus name. Amen.*



# Day 12

Your gratitude focus for today is "**Time**". So many things can happen in an instant. Take the time today to be grateful for time. Time is not something God needs, but it is something He knew we would need and gives it to us day by day with the morning and the evening. Be grateful for the time you have with your family and friends. Be grateful for the time He gives you to work as well as rest. Time is your gift from God, more than anything be grateful that you can take the time you have and honor God with it by being a good steward of it. Time is precious, treat it as such.

SCRIPTURE FOR TODAY | Psalm 90:12 (KJV)  
*"So teach us to number our days, that we may apply our hearts unto wisdom."*

PRAYER FOR TODAY | *Father, thank you for the precious gift of time. Thank you for the time I'm blessed to have with my family and friends. Help me be a good steward of the time you give to me. In Jesus name. Amen.*



# Day 13

Your gratitude focus for today is "**Laughter**". Laughter is indeed good medicine! Be thankful for not having to take yourself so seriously that you can't find an opportunity to laugh. Laughter can happen when you find something extremely funny, and laughter can happen when you find yourself living in the joy of the Lord. Be grateful for a good laugh!

SCRIPTURE FOR TODAY | Psalm 126:2 (KJV)  
*"Then was our mouth filled with laughter, and our tongue with singing: then said they among the heathen, The Lord hath done great things for them."*

PRAYER FOR TODAY | *Lord, thank you for the gift of laughter. I am grateful for the joy I have in you and that you turn my mourning into dancing. Help me to embrace opportunities for laughter. In Jesus name. Amen.*





# Day 14

Your gratitude focus for today is “**Memories**”. Having memories whether good or bad give you an opportunity to reflect on the goodness of God and the grace that brought you through. As you reflect on memories past, be grateful for the chance you have to make new ones. You can create beautiful memories by living in the moment. Don't allow life to pass you by. In doing so, you can miss making memories. Be grateful for the memories you've made with family and friends and don't forget to make new ones.

SCRIPTURE FOR TODAY | Philippians 4:8 (KJV)  
*“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”*

PRAYER FOR TODAY | *Lord, thank you for memories reminding me of all the times you've been there for me. As I reflect on your goodness, help me never forget that you are my God and you never change. In Jesus name. Amen.*



# Day 15

Your gratitude focus for today is “**Love**”. Let love be at the center of your gratitude. Love is the reason God sent His son to die for your sins. Love is the root and the foundation for which God does what He does for you. God’s love for you is perfect and your love for others is what will please Him. Your love for God is measured by your obedience to Him. Be grateful for a God who loves you and be thankful you have a heart to love Him back.

SCRIPTURE FOR TODAY | John 14:15 (KJV)  
*“If ye love me, keep my commandments.”*

PRAYER FOR TODAY | *Lord, thank you loving me so much you sent your Son to die for me. I’m grateful for your love and I ask that you help me to love others in a way that pleases you. In Jesus name. Amen.*



# Day 16

Your gratitude focus for today is “**Brokenness**”. Why should you be grateful for brokenness? It is in your moments of brokenness you are able draw closer to God and be strengthened by Him. Your seasons of brokenness, although difficult, is one of the reasons you are who you are today. Your experience with brokenness has strengthened your faith and taught you some valuable life lessons, giving you a testimony that in turn helps others overcome. Give God thanks today for the brokenness you’ve experienced because it was in those moments you truly experienced God’s love for you.

SCRIPTURE FOR TODAY | Psalm 34:18 (KJV)  
*“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”*

PRAYER FOR TODAY | *Lord, thank you for loving me through my brokenness. I thank you for every lesson I’ve learned and for how my faith has grown in you. In Jesus name. Amen.*



# Day 17

Your gratitude focus for today is "**Seedtime and Harvest**". Once you have planted a seed, it doesn't remain a seed forever. At some point the seed will produce a harvest. Your seed may seem small and insignificant now, but if you trust God with what you've planted, He will cause that seed to grow and become great for His glory. Though it might appear that your seed may not be growing, be grateful and give thanks to God in advance for the harvest your seed is destined to produce!

SCRIPTURE FOR TODAY | Genesis 8:21-22 (KJV)  
*"And the Lord smelled a sweet savour; and the Lord said in his heart, I will not again curse the ground any more for man's sake; for the imagination of man's heart is evil from his youth; neither will I again smite any more every thing living, as I have done. While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease."*

PRAYER FOR TODAY | *Lord, thank you for giving seed to the Sower. I'm grateful and my heart is reassured today that my seed shall produce a harvest. I thank you today for a harvest that brings glory to You. In Jesus name. Amen.*





# Day 18

Your gratitude focus for today is “**Giving**”. Be grateful today for each opportunity to give. Giving can happen in many instances. In life, you will have the opportunity to give of your time, your energy, and your resources. While you should be grateful for the times you’ve been able to give in tangible ways, you should also be grateful for the times you’ve been able to give kind words, encouragement or any other non-tangible ways that have added value to someone’s life.

SCRIPTURE FOR TODAY | Luke 6:38 (KJV)  
*“Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.”*

PRAYER FOR TODAY | *Lord, thank you all that you’ve given to me. I’m grateful for the opportunities you provide for me to give. Help me to see the value in giving and as I give let my heart give with joy. In Jesus name. Amen.*



# Day 19

Your gratitude focus for today is "**Faith**". It is your faith in God that carries you and sustains you. Imagine where you would be in life if you had no faith. Be grateful today for the measure of faith you have received. Be thankful because the gift of salvation is received by faith. Your faith is not contingent upon the seen, but it is based on what you cannot see yet believe God will do. Show gratitude today for the measure of faith given to you and walk therein.

SCRIPTURE FOR TODAY | Hebrews 11:1 (KJV)  
*"Now faith is the substance of things hoped for, the evidence of things not seen."*

PRAYER FOR TODAY | *Lord, thank you for the measure of faith you've given me. Help me to trust you, to walk by faith and not by sight, and wait patiently for the manifestation in my life. In Jesus name. Amen.*



# Day 20

Your gratitude focus for today is "**Patience**". You may have been told to never pray for patience if you don't want to be tested. Patience is a fruit of the Spirit, and it is an essential element in your Christian character. Be grateful for the fruit of patience and let her have her perfect work in you. Patience helps you grow in your ability to wait on the Lord and extend grace, mercy, and compassion to those who need it. Be thankful for the fruit of patience.

SCRIPTURE FOR TODAY | James 1:4 (KJV)  
*"<sup>4</sup>But let patience have her perfect work, that ye may be perfect and entire, wanting nothing."*

PRAYER FOR TODAY | *Father, thank you for the fruit of patience at work in my life. I'm grateful for the work patience has done for me in the past as well as today and in the future. Help me to patiently wait on you in all things. In Jesus name. Amen.*



# Day 21

Your gratitude focus for today is “**Victory**”. Be grateful because in Christ you win. You are more than a conqueror and in Him you have the victory. With a thankful heart remember you are not defeated, and you are guaranteed victory through Christ Jesus. Continue to run your race with patience and expect to win.

SCRIPTURE FOR TODAY | 1 Corinthians 15:57 (KJV)  
*“But thanks be to God, which giveth us the victory through our Lord Jesus Christ.”*

PRAYER FOR TODAY | *Father, with a grateful heart, I thank you for victory. I thank you that I am not defeated and in you, I win. Help me to run my race with patience and with joy knowing that I have the victory in you. In Jesus name. Amen.*





# *Congratulations!*

You have made it past 21 days! Now, for the next 9 days:

- **Reflect** and write your own gratitude focus word or phrase
- **Meditate** on the scripture(s) God leads you to.
- **Journal** your thankful thoughts

# *Day 22 through Day 30*

# Day 22

My gratitude focus for today is \_\_\_\_\_

Why does this make me grateful?

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SCRIPTURE FOR TODAY | \_\_\_\_\_

PRAYER FOR TODAY

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# Day 23

My gratitude focus for today is \_\_\_\_\_

Why does this make me grateful?

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SCRIPTURE FOR TODAY | \_\_\_\_\_

PRAYER FOR TODAY

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# Day 24

My gratitude focus for today is \_\_\_\_\_

Why does this make me grateful?

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SCRIPTURE FOR TODAY | \_\_\_\_\_

PRAYER FOR TODAY

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# Day 25

My gratitude focus for today is \_\_\_\_\_

Why does this make me grateful?

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SCRIPTURE FOR TODAY | \_\_\_\_\_

PRAYER FOR TODAY

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# Day 26

My gratitude focus for today is \_\_\_\_\_

Why does this make me grateful?

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SCRIPTURE FOR TODAY | \_\_\_\_\_

PRAYER FOR TODAY

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# Day 27

My gratitude focus for today is \_\_\_\_\_

Why does this make me grateful?

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SCRIPTURE FOR TODAY | \_\_\_\_\_

PRAYER FOR TODAY

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# Day 28

My gratitude focus for today is \_\_\_\_\_

Why does this make me grateful?

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SCRIPTURE FOR TODAY | \_\_\_\_\_

PRAYER FOR TODAY

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# Day 29

My gratitude focus for today is \_\_\_\_\_

Why does this make me grateful?

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SCRIPTURE FOR TODAY | \_\_\_\_\_

PRAYER FOR TODAY

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# Day 30

My gratitude focus for today is \_\_\_\_\_

Why does this make me grateful?

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SCRIPTURE FOR TODAY | \_\_\_\_\_

PRAYER FOR TODAY

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# *Congratulations*

You've completed the gratitude challenge 30-day devotional, but don't let it stop here! Continue to thank God each day. Thank him for the good, the bad, the ups and the downs, the happy times and sad. No matter what, He's still God and He still deserves our praise.

Question: What valuable lessons have you learned during this 30-day challenge?