

# Gratitude Calendar

## 30 Days of Giving Thanks

By Karen Wade Hayes | [karenwadehayes.com](http://karenwadehayes.com)

It's easy to give thanks for earthly blessings: the people we love, the comfort of material possessions, the food we enjoy, the work we do, our health, and more. But there is a deeper well of gratitude, found in God Himself: His character, attributes, and actions. I started learning this firsthand, beginning in late 2019. I had been feeling discouraged, so I began writing down what the Bible says about the qualities and work of God during short daily readings from the Old & New Testaments. After the first two years, I had barely touched the surface. Then, one day, instead of writing, I decided to read what I had already recorded. Seeing it all together, I felt overwhelmed with gratitude for who God is, what He has accomplished in the physical and spiritual realms, and what He has promised to do in the future.

This prayer calendar lists some of those reasons to feel eternal gratitude. The top section shares qualities and character traits of God. Spend time each morning praising & thanking God for who He is. Meditate on these attributes throughout the day. The bottom section of the calendar outlines God's past and present actions, as well as His future promises. In the evening, devote time to praising & thanking God for these good works.

These truths are cause for gratitude in all circumstances (even the worst) because they are eternal and good. And, by God's grace, God (and His blessings) are available to ALL who believe in Christ & receive by faith the salvation made possible through Jesus's death & resurrection.

**“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

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## WEEK 1

**Morning:** Gratitude for Who God is

*Begin by praying Psalm 25:5*

"Guide me in Your truth & teach me, for You are the God Who saved me, and I will wait for You all day long."

**Evening:** Gratitude for what God has done/is doing/will do

*Begin by praying Psalm 119:18*

"Open my eyes that I may see wonderful things in your law."

### DAY 1

God is love. He is abounding in steadfast love to all who call on Him. His love is unending. His great love is a wonder. The earth is full of His steadfast love. His unending love is priceless.

### DAY 2

God is light; in Him there is no darkness at all. He is the light of the world. His word is light, a lamp unto our feet. His commands are radiant & give light to the eyes.

### DAY 3

God's words are flawless. His words will never pass away. He speaks & it comes to be. His word is not chained. He speaks & summons the earth from the rising of the sun to where it sets. In the beginning was the word, & the word was with God, & the word was God. His word is living & active. His word discerns the thoughts & intentions of the heart.

### DAY 4

The Lord is salvation, the stronghold of life. Beside Him, there is no Savior. Jesus is the radiance of the glory of God & the exact imprint of His nature. God's incomparably great riches were displayed in Christ. Jesus Christ is the resurrection & the life. Jesus is the living bread that came down from Heaven.

### DAY 5

God is abundant in power. His power is so great His enemies cringe before Him. Nothing is impossible for God. He is the God who performs miracles. He is mighty to save. It is the power of God that brings salvation to everyone who believes.

### DAY 6

God does not change like shifting shadows. He is the same, yesterday, today, & tomorrow. His years have no end. He is the beginning & the end. His plans stand firm.

### DAY 7

God is our maker. He is the builder of all things. He made man & woman, animals, birds, and all the creatures of the sea. He made the plants and trees.

God hasn't rejected our prayer nor withheld His love from us. He has shown His wonderful love to us. He loved the world so much He sent His only Son that whoever believes in Him will have eternal life. Christ loves us and gave Himself up for us. As high as the heavens are above the earth, so great is His steadfast love toward those who fear Him. He crowns us with steadfast love & mercy.

God has given us eternal life, and this life is in His Son. Whoever has the Son has life. He made us alive through Christ when we were dead in our sins. He saves. From Him comes escape from death. He gave His sheep eternal life; no one can snatch us from His hand.

God gave us a helper – the Spirit of truth. He will give the Holy Spirit to those who ask Him. Through the Holy Spirit, God gives us power and helps us in our weakness. Through the Holy Spirit, we receive spiritual gifts. The Holy Spirit teaches us and reminds us what we have learned. The Holy Spirit intercedes for us.

God forgives sin. He has never forsaken those who seek Him. As far as the east is from the west, so far does He remove our transgressions from us. He has set aside the record of debt that stood against us, nailing it to the cross. He has delivered us from the domain of darkness & transferred us to the kingdom of His beloved Son, in Whom we have redemption, the forgiveness of sins.

All the ends of the earth have seen the salvation of our God. He bursts apart the bonds of prisoners chained by their own rebellion. He delivers our souls from death, our eyes from tears, our feet from stumbling. He brings salvation upon the earth.

God will redeem our lives from the grave. He will take us to Himself. He raised Christ from the dead, & because of Him, we will be raised as well. We have redemption through Christ's blood & the forgiveness of sins. He justifies us freely, by His grace, through the redemption that came by Jesus. He will restore to us the years the locusts have eaten.

God gave us the scriptures so that through the endurance they teach & the encouragement they provide, we might have hope. The word that goes out of His mouth will not return empty; it will accomplish that which God purposes.

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## WEEK 3

**Morning:** Gratitude for Who God is

*Begin by praying Psalm 27:13*

"I believe that I shall look upon the goodness of the Lord in the land of the living!"

**Evening:** Gratitude for what God has done/is doing/will do

*Begin by praying Psalm 143:5*

"I remember the days of old; I meditate on all that you have done; I ponder the work of your hands. I stretch out my hands to you; my soul thirsts for you like a parched land."

### DAY 15

The Lord is near. For the Lord your God is in your midst, a mighty One who will save. If anyone loves God, he is known by God. He is the God who draws near. Wherever we may go, He is there.

God spoke & made light shine out of darkness. He has called us out of darkness & into His wonderful light. He keeps our lamp burning & turns darkness into light. He made His light shine on us.

### DAY 16

God is forgiving. If we confess our sins, He is faithful & just to forgive us our sins and to cleanse us from all unrighteousness. God in Christ forgives us.

God made this day. He set a boundary that the waters may not pass so they will never again cover the earth. He renews the land. He set the earth on its foundation so that it would never be moved. He laid the foundation of the earth in the beginning & the heavens are the work of His hands. Nothing is outside of His control.

### DAY 17

God is merciful. His mercy is over all that He made. He is full of mercy. God is the Father of mercies & the God of all comfort.

God rescues us from powerful enemies, foes too strong for us. He rescues us because He delights in us. With His help, we can advance against a troop, we can scale a wall. Even though we walk through the valley of the shadow of death we will fear no evil; He is with us.

### DAY 18

God Himself is our peace. He is the God of peace. His peace surpasses all understanding

God comforts us in our afflictions so we may comfort others. He sets our feet upon the rock. He neither sleeps nor slumbers. He supplies every need according to His riches in glory in Jesus Christ. He daily bears our burdens.

### DAY 19

God is good to all. He is good & does good. He is not a God who takes pleasure in evil. His goodness is great. He is the good shepherd.

God rules forever by his power. His eyes watch the nations. He will rule from sea to sea to the ends of the earth. He upholds the universe by the power of His word. He has established His throne in the heavens & His kingdom rules over all.

### DAY 20

God is full of compassion. He is the helper of the fatherless. The Most High is kind to the ungrateful and the wicked. He has compassion on us because we are like sheep without a shepherd.

In God, the blind receive sight, the lame walk, those who have leprosy are cured, the deaf hear, the dead are raised, and the good news is preached to the poor. He heals the brokenhearted & binds up their wounds.

### DAY 21

God is the God of all comfort. He is a refuge for the oppressed. He is our dwelling place. The name of the Lord is a strong tower, the righteous run to it & are safe. He is our refuge in times of trouble.

God will bring all things in Heaven and on earth together under one head, Christ. Through Christ, He has reconciled all people groups to Himself.

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## WEEK 2

**Morning:** Gratitude for Who God is  
*Begin by praying Psalm 27:8*  
 "You have said, 'Seek my face.' My heart says to you, 'Your face, Lord, do I seek.'"

**Evening:** Gratitude for what God has done/is doing/will do  
*Begin by praying Psalm 25:4*  
 "Make me to know Your ways, O Lord; teach me Your paths."

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<p>God is the Father of heavenly lights. He set the moon &amp; the stars in place. He is before all things &amp; in Him all things hold together. Since the creation of the world, God's eternal power &amp; divine nature have been clearly seen, being understood from what has been made.</p>	<p>God is awesome. His greatness is unsearchable. His name &amp; praise reach to the ends of the earth. He is the greatness &amp; the glory &amp; the victory &amp; the majesty, for all that is in the heavens &amp; the earth is His.</p>	<p>God is the true God, the living God. It is impossible for Him to lie. He is the truth. The sum of His word is truth. Every one of His righteous rules endures forever.</p>	<p>God is eternal. He is the everlasting King. His kingdom will never end. He is the king forever &amp; ever. He is the living God, enduring forever. He is the beginning &amp; the end, the Alpha &amp; Omega.</p>	<p>God is holy. He is enthroned as the Holy One. His ways are holy. His name is Holy. There is none holy like the Lord. Holy, holy, holy is the Lord of hosts; the whole earth is full of His glory! He is majestic in holiness.</p>	<p>God is our glory. He is the King of glory. He is the Father of glory. Christ in you, the hope of glory. The word became flesh &amp; dwelt among us; and we have seen His glory, glory as of the only Son of the Father, full of grace &amp; truth.</p>	<p>God is wise. How deep the riches of the wisdom &amp; knowledge of God! The wisdom of God is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial, &amp; sincere. In Christ are hidden all the treasures of wisdom &amp; knowledge.</p>
<p>God has revealed His righteousness in the sight of all nations. He comes and will not be silent. To Him all people will come. He has established His throne in judgment; He will judge the world in righteousness. He will govern the people with justice.</p>	<p>God has heard our voices, our pleas for mercy. He answers us from His holy hill when we cry out. The Lord hears when we call on Him. He does not ignore the cry of the afflicted. He hears the desire of the afflicted; He encourages them, and listens to their cry. When we knock, He opens the door. When we cry out in distress, He hears our voices.</p>	<p>God defends the fatherless &amp; oppressed. He sets the lonely in families. He lavishes His great love on us, that we should be called children of God. To all who believed in Him, who received Him, He gave the right to become children of God.</p>	<p>God bestows glory on us and lifts our heads. He has set His glory above the heavens. He reaches out from on high &amp; takes hold of us. He has freely given us His glorious grace in Christ Jesus.</p>	<p>God gives strength to His people. The joy of the Lord is our strength. He will keep up strong to the end. He displays His power among the people. He has overcome the world.</p>	<p>God fills our hearts with great joy. He turns our wailing into dancing. He removes our sackcloth &amp; clothes us with joy. He satisfies our soul like the richest of food.</p>	<p>God has been good to us. He has stored up great goodness for those who fear Him. He satisfies us with good, so that our youth is restored like an eagle. He began a good work in us and will bring it to completion at the day of Jesus Christ.</p>

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## WEEK 4

**Morning:** Gratitude for Who God is  
*Begin by praying Psalm 143:8*  
 "Let me hear in the morning of your  
 steadfast love, for in you I trust."

**Evening:** Gratitude for what God has done/is doing/will do  
*Begin by praying Colossians 3:16*  
 "Let the word of Christ dwell  
 in me richly with all wisdom."

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<p>God is just &amp; upright. He loves justice. His law is perfect, it revives the soul. He loves righteousness &amp; justice. His precepts are right and give joy to the heart.</p>	<p>God is patient. The Lord is not slow to fulfill His promises as some count slowness, but is patient toward us, not wishing that any should perish, but that all should reach repentance.</p>	<p>The Lord is faithful in all He does. He is abounding in faithfulness. He is the faithful God, keeping His covenant to a thousand generations of those who love Him &amp; keep His commands. His faithfulness shall be our shield &amp; rampart. If we are faithless, He remains faithful, for He cannot disown Himself.</p>	<p>God is powerful. The word of the cross is the power of God. Nothing is too difficult for Him.</p>	<p>God is the rock, fortress, deliverer, shield, stronghold, horn of salvation. He is the rock eternal. The Lord is a stronghold in times of trouble.</p>	<p>God's understanding is beyond measure. It is unsearchable. He knows the number of our days &amp; the hairs on our heads.</p>	<p>The Lord is Spirit, and where the Spirit of the Lord is, there is freedom. Who has measured the Spirit of the Lord or what man shows Him his counsel? The Spirit of God is the Spirit of truth. God is Spirit, and those who worship Him must worship in spirit &amp; in truth.</p>
<p>God has been pleased to give us the kingdom. He gives us a firm place to stand. He gives us each other, that we may be mutually encouraged by each other. From His fullness we all have received grace upon grace. He has given us the earth.</p>	<p>God guards our lives. He surrounds His people from now until forever. He preserves our life, even in the midst of trouble. He hems us in behind &amp; before &amp; lays His hand upon us. He will destroy all adversaries of our souls. He guards our hearts &amp; minds with His peace, which surpasses all understanding. He protects us from trouble &amp; surrounds us with songs of deliverance.</p>	<p>God will keep in perfect peace whose mind is steadfast, because of trust in Him. He guides our feet in the path of peace. He blesses His people with peace. He makes peace in our borders. He establishes peace for us. He gives us peace.</p>	<p>God leads His people like a flock through the waters, like sheep through the desert. He calls His sheep by name &amp; leads them out. When our spirits faint within us, He knows our way. He guides us to safety; we don't have to be afraid. He makes us lie down in green pastures. He restores our souls.</p>	<p>God has not handed us over to our enemy but set our feet upon a spacious place. He watches over the way of His people. He sustains &amp; delivers us. He makes us dwell in safety. He is our refuge in times of trouble. He delivers from the mighty forces of earth that steal our courage.</p>	<p>God has blessed us in the spiritual realm with every spiritual blessing in Christ. All nations will be blessed through Him. No eye has seen nor ear heard, no mind conceived what God has prepared for those who love Him.</p>	<p>God through Christ will transform our lowly bodies to be like His glorious body, by the power that enables Him even to subject all things to Himself. This is God's will: that whoever looks on the Son &amp; believes in Him should have eternal life &amp; Jesus will raise Him on the last day.</p>

## WEEK 5

**Morning:** Gratitude for Who God is  
*Begin by praying Psalm 30:12*  
"O Lord my God, I will give thanks to you forever!"

**Evening:** Gratitude for what God has done/is doing/will do  
*Begin by praying Colossians 143:8*  
"Make me know the way I should go,  
for to you I lift up my soul."

## DAY 29

The Lord is the God of hope. We are able to hold unswervingly to the hope we profess because the God who promises is faithful.

God fills us with all joy & peace as we trust in Him, so that we may overflow with hope by the power of the Holy Spirit. God loves us by His grace & gives us eternal encouragement & hope.

## DAY 30

The Lord our God, the Lord is One. He alone is God: there is no other.

God has done marvelous things! He has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil, or fade. He has done many wonders & no one can recount all the things He has planned for us, there are too many to declare.

**"Give thanks to the Lord, for He is good; His love endures forever."**

- 1 Chronicles 16:34