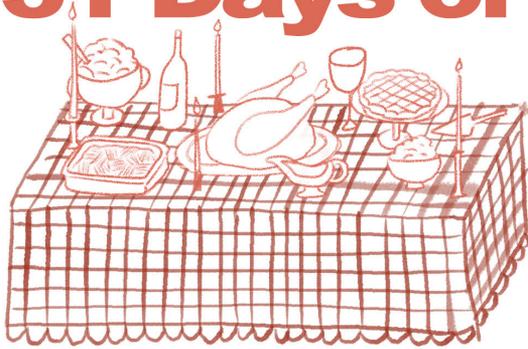


31 Days of



Gratitude

1. Listen to and reflect on the song "Gratitude" by Brandon Lake
2. List out:
 - a. Where do I have a Scarcity (not enough) mindset?
 - b. Where do I have an Abundance (there is enough) mindset?
 - c. What would it take to shift the things from the scarcity mindset to the abundance mindset?
3. Read Psalm 100. It's easier to praise God when we enter with thanksgiving. It's more difficult to praise when we think about what we don't have. Reflect on who God is in this Psalm.
4. Read Philippians 2:14 – what do you regularly complain or argue about? How can you let perspective change this?
5. Read Numbers 14:9 – what are you afraid of? How can you remember the Lord is with you when you are afraid?
6. Perspective is about courage (not how you feel). Where is God calling you to act out of courage and not feelings?
7. Perspective is about remembering God's faithfulness in the past. List out where He has been faithful, or make a note in your phone to add to when you see His faithfulness.
8. Perspective makes us grateful. What is something in your life that if you look at it one way, it is scary, but if you turn it around, you can be grateful for it?
9. Read 1 Chronicles 16:34 – what do you see about God's character? Spend some time thanking Him for who He is.
10. Who is someone who speaks truth in your life (like Joshua and Caleb)? Are you listening to the voice of truth or the voice of fear?
11. Where do your fears come from? What Scripture can you look up and remember to help dispel these fears?
12. What is faith according to Hebrews 11:1? Do you have this type of faith?

13. Pray for all things with the words, “by faith” today. As you pray before meals, in your car, with your kids, use the words, “by faith” as a practice to change your perspective.
14. Hallelujah means, “Praise The Lord.” Where can you give God a Hallelujah today?
15. Read James 1:2-4 – what trials can you “consider joy” in and how can you do this?
16. Be part of group faith (not group fear) today. Reach out and encourage someone or several people to spread faith instead of fear.
17. Where have you seen God’s miracles in your past? Recount them and thank Him.
18. Read Colossians 3:15 – how does peace connect to thankfulness? Why?
19. Read 2 Corinthians 9:11 – how does generosity result in thanksgiving to God?
20. Thinking about abundance vs. scarcity, when you consider your money, do you see it from one perspective over the other? Why?
21. Read 1 Thessalonians 5:16-18 – think about what you need to rejoice about, pray about, and give thanks about. What is your mindset when doing this?
22. Where are you anxious right now? Read Philippians 4:6-7 and think about how to present your anxiety to God.
23. What is an area of life you need forgiveness in? Read Psalms 103:2-5 and ask for God’s forgiveness, and then be grateful He has given it to you.
24. Where do you need help? Read Psalms 28:7 – how does this change your perspective on the thing or person or situation you need help with?
25. Where are you weary? Read Galatians 6:9 – what does it mean we will “reap a harvest”?
26. A scarcity mindset says either we don’t have enough or we are not enough. Read the promise in 2 Corinthians 9:10 and connect it to an area where you have a scarcity mindset.
27. How can you be part of a movement to declare his glory which spreads faith? See 1 Chronicles 16:23-26
28. Read Psalms 56:4 – how does this view of God put faith over fear?
29. Listen to a worship song. How does this change your mindset? (see Psalms 92:1-3)
30. God’s mercies are new every morning. How does this help you face your day and go into the New Year? (see Lamentations 3:22-24)
31. As you look towards 2026, ask God to help you set your mind on what is true after reflecting on Philippians 4:8.

