



FUELING MY DAY WITH GRATITUDE

KICKSTART

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KICKSTART | Fueling My Day With Gratitude
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ISBN 979-8-9871372-0-8



Let them give thanks to the Lord
for his unfailing love and his
wonderful deeds for mankind, for
he satisfies the thirsty and fills the
hungry with good things.

PSALM 107:8-9



ARE YOU READY?

The first step can be the most challenging. It requires an abnormal amount of energy, focus, and commitment. But as soon as you conquer that first step, every next step gets more exhilarating as the journey launches into a space of undiscovered thoughts, insights, and new perspectives.

Are you thankful or grateful?

The phrase “Thank You” is hardwired into people from the youngest of ages. Toddlers are taught how to say thank you with their hands before they can speak words. Thank you cards are written for birthdays, graduations, and Christmas gifts. And when a busy shopper pauses an extra ten seconds to hold the door open, a quick and sincere thank you is given. There is even a holiday that magnifies and celebrates the feeling of thankfulness.

Thankfulness is a feeling, and it is an essential initial step on your gratitude journey. But whatever you do, don't just stop there. Allow the internal feeling to kickstart your heart of gratitude. You see, gratitude isn't just an inner feeling. Gratitude always includes another person in which you express (an action) your appreciation for them specifically. When you are grateful, you are focusing beyond yourself. You choose to zero in on who they are, the kindness they have shown you, and your desire to express to them how grateful you are.

Simply, thankfulness is an internal feeling, and gratefulness is an external action.

Are you a morning person?

That might sound like an odd question, but take a moment and think about it. There has been a lot of research surrounding gratitude and how it impacts the trajectory of a person's day. The realization is that people who choose to kickstart their day with gratitude experience less stress, joy increases, and a fullness emerges that impacts every area of life.

Kickstarting your day with gratitude focuses your mind on what you have and the blessings surrounding your life.

Kickstarting your day with gratitude fills your heart with fullness and appreciation, which lifts your eyes off all the difficult moments in life.

Kickstarting your day with gratitude fuels your soul with who God is and His persistent presence in your life.

Are you ready to Kickstart your gratitude journey?

QUICKSTART GUIDE

This Kickstart gratitude journal is a tool to help you recapture the joy and life that God intends for you to experience. Commit to prioritizing your first 10 minutes for 30 days!



Schedule

The first step is for you to **schedule** time every day. Maximizing the first 10 minutes of your day is the best choice for success.



Focus

Pick a space where distractions are limited. This will help **focus** your mental energy to maximize and elevate your time.



Capture

The goal isn't to write pages. **Capture** specific thoughts, insights, and new perspectives that will guide your thoughts throughout your day.



Launch

Once you have written your **word for the day**, launch into the rest of your day. And experience a heart engulfed with gratitude.

ONE GUIDING INSIGHT

I'M GRATEFUL FOR

WORD
FOR THE **DAY**

Write down one insight, thought, or a new perspective from the reading and scripture. Don't overthink this process. Express what is swirling around within you.

Capture one thing that you are grateful for. You might be prompted by what you just read or maybe something entirely different.

Choose one word or phrase that will guide your thoughts for the rest of the day. There is a list of suggestions in the resource section (after day 30) to help get your mind going.

**ARE YOU
READY?**



___/___/___

M T W T F S S

KICKSTART 

DAY 1

Today is an exciting day! You have decided to begin a gratitude journey that will shape your mindset for today and will set a trajectory for the coming week, month, and year. Read. Reflect. Realign.


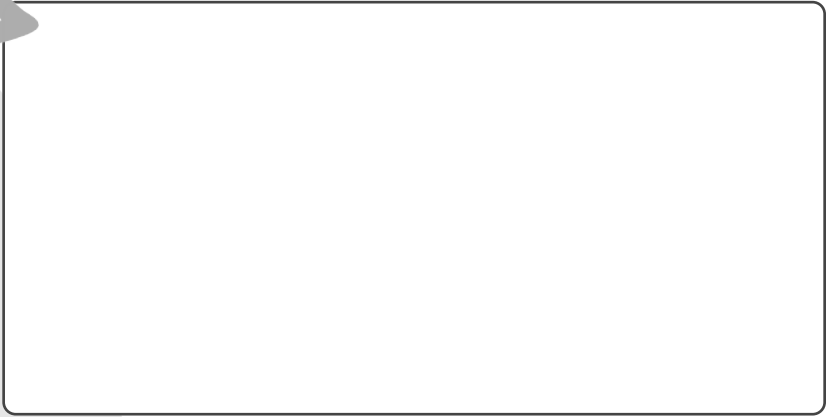
PSALM 107:8-9

Let them give thanks to the Lord for his **unfailing love** and his **wonderful deeds** for mankind, for he satisfies the thirsty and fills the hungry **with good things.**

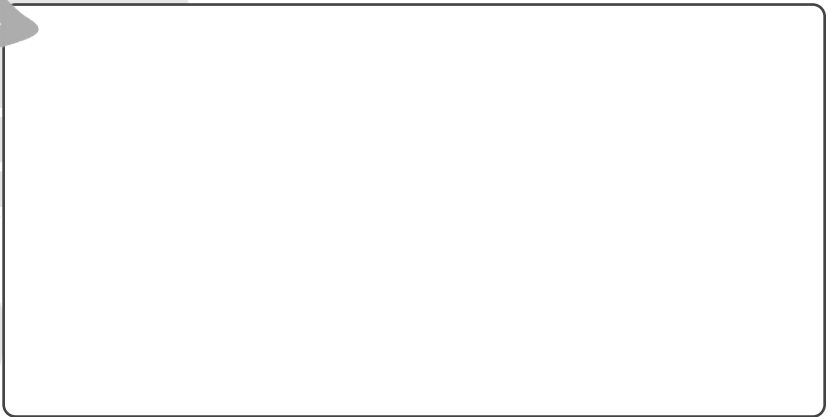
GUIDING THOUGHTS

- Circle unfailing love. Reflect on what that means for you.
- What good things has God given you?

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 2

One of the foundational elements of gratitude is a consistent focus on other people. It is easy, especially when life is crashing in around you, to focus on only yourself. The Apostle Paul wrote these words while in prison. And amid challenging conditions, He was still intentional to be a voice of encouragement.


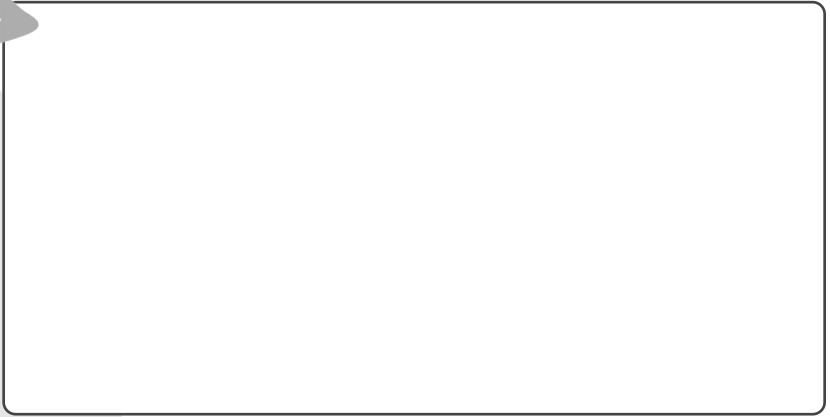
Philippians 1:3-5

I thank my God every time I **remember** you. In all my prayers for all of you, I always pray with **joy** because of your **partnership** in the gospel from the first day until now,

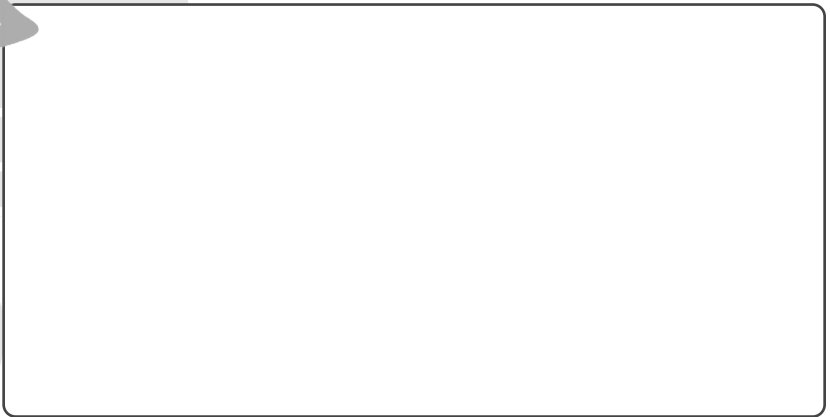
GUIDING THOUGHTS

- Take a moment and think about the circle of people who have **partnered** with you.
- Write a text or send a message to them and specifically share words of encouragement.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 3

The world surrounding you might be filled with chaos. Relational tension might be trying to dominate your thoughts. Fear, tethered to the future, might be laying heavy on your heart. No matter what you are facing, embrace Jesus' peace and let it guide your day.

Colossians 3:15

Let the **peace** of Christ rule in your hearts, since as members of one body you were called to peace.


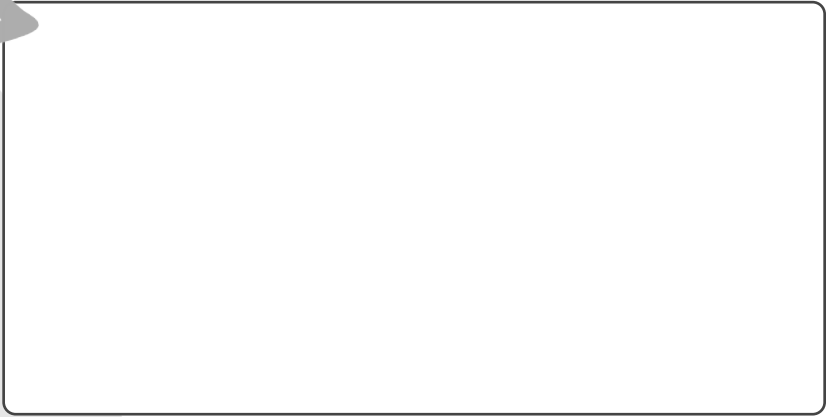
And be **thankful**.

grateful


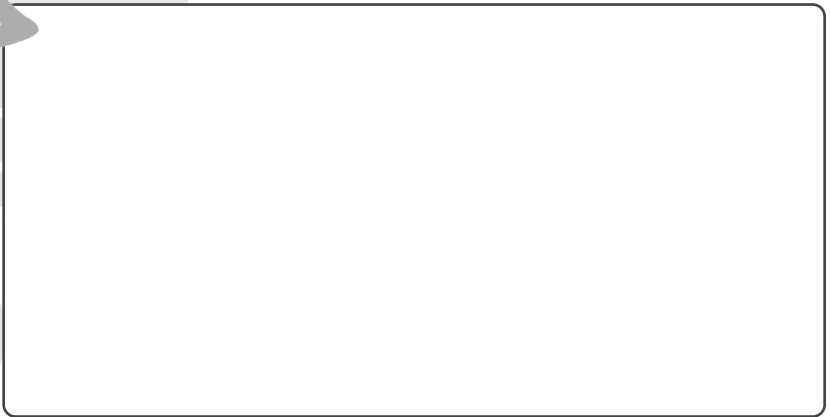
GUIDING THOUGHTS

- Gratitude is the great equalizer to the chaos in your life. What are you grateful for in the midst of what you are facing?
- Embrace a few moments of silence and focus on the peace that can only be found in Jesus.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 4

The world surrounding you is screaming at you to not be content. Marketing, social media, and ads are all applying unrealized pressure for you to live a life of discontentment. In God’s economy, contentment is of extreme value. But contentment doesn’t happen by accident. It has to be cultivated. And at the epicenter of contentment is a heart of gratitude.


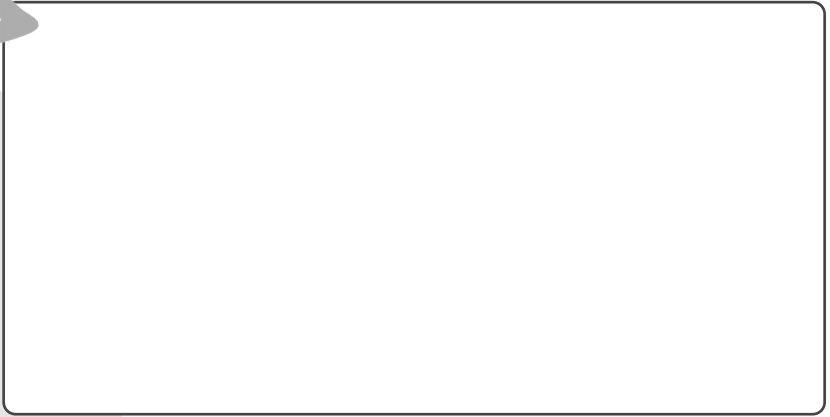
1 Timothy 6:6-7

But **godliness** with **contentment** is great gain.
 For we brought **nothing** into the world, and we
 can take **nothing** out of it.

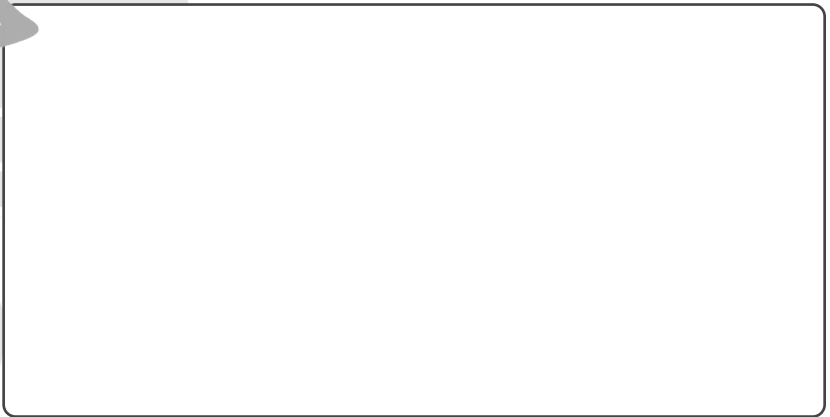
GUIDING THOUGHTS

- Reflect on the discontentment lurking in the shadows in your mind and heart.
- Realign your thoughts around what God has given you and how you can leverage what you have to help others.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 5

God is good. He is the ultimate definition of what good is. He embodies and radiates His goodness over and through His creation. And He deeply desires for you to come to Him, rest in His protection, and trust Him to defend you.

He is your refuge!

Psalm 34:8-9

*Look and Learn
See & Find out*


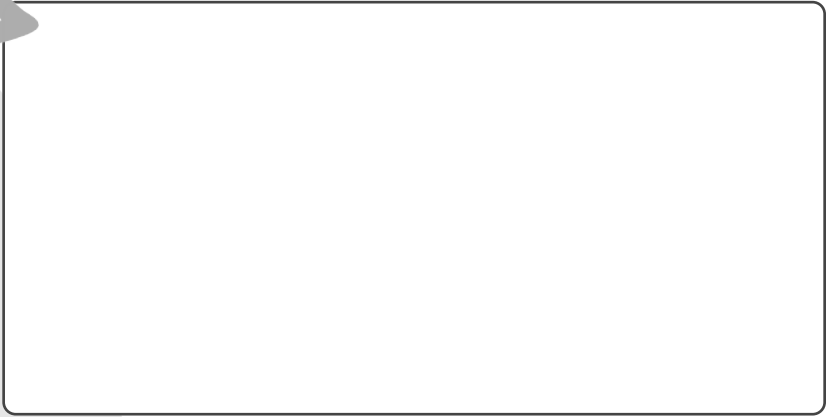
Taste and see that the Lord is **good**;
blessed is the one who takes **refuge** in him.

→ respect, reverence, be in awe
Fear the Lord, you his holy people,
for those who fear him lack nothing.

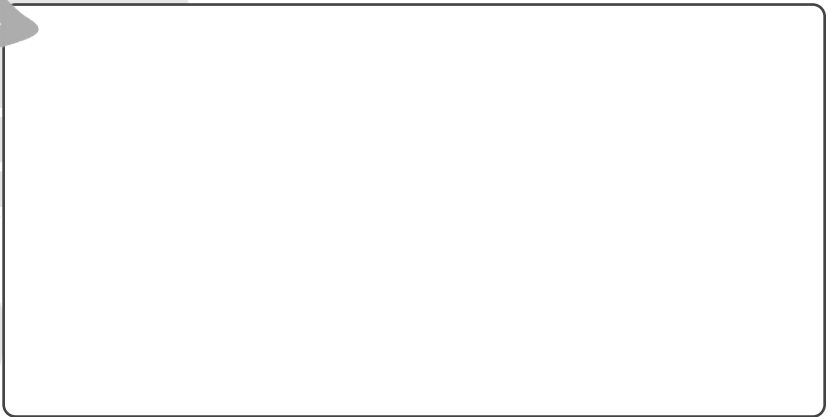
GUIDING THOUGHTS

- Be intentional today and **taste and see** how God's goodness shows up in your life. You might be surprised to see the number of ways.
- In what ways do you need God's **protection**? Take a moment, be real specific, and trust that God will **defend** you.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 6

You are made in the amazing and awe-inducing image of God. You are His creation - a work of art - created for Him and to join Him in what He is doing. Let that sink in and penetrate the deepest recesses of your heart.


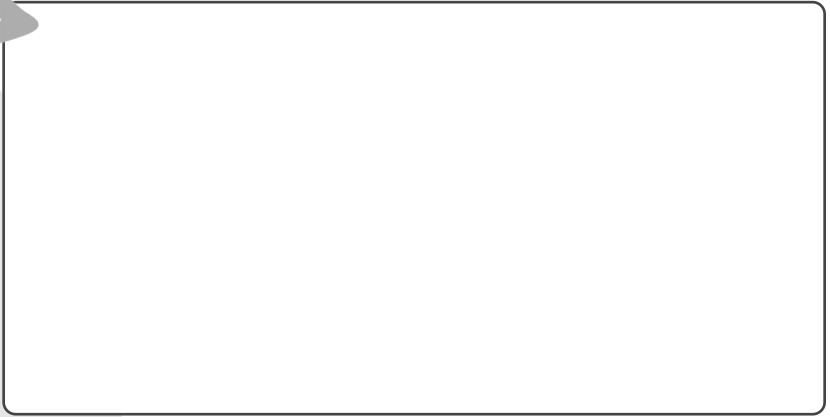
Psalm 100:3

Know that the Lord is God.
 It is **he** who made us,
 and we are **his**;
 we are **his** people,
 the sheep of **his** pasture.

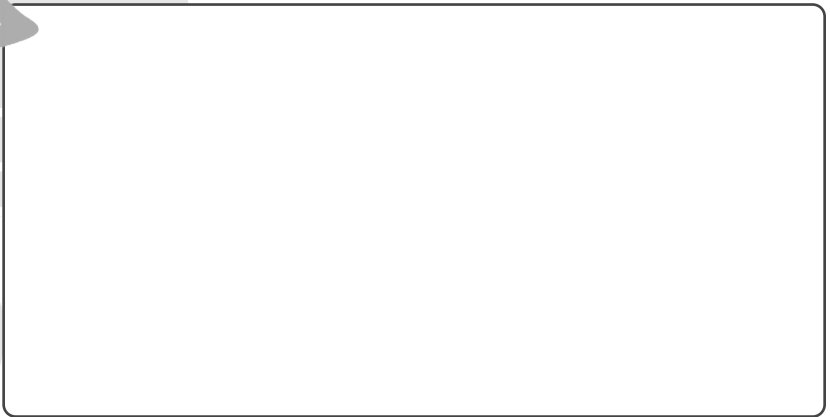
GUIDING THOUGHTS

- Read each line of Psalm 100:3 again. Reflect on the staggering truth contained in each phrase.
- Express your gratitude to God for being His.
- Remember, He is a good Father!

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 7

The first church experienced an eruption of generosity that was tethered to the ultimate gift that Jesus gave them on the cross. This generosity was sourced from a love that Jesus modeled and completely embodied for all people. And because of this, the gospel spread rapidly.


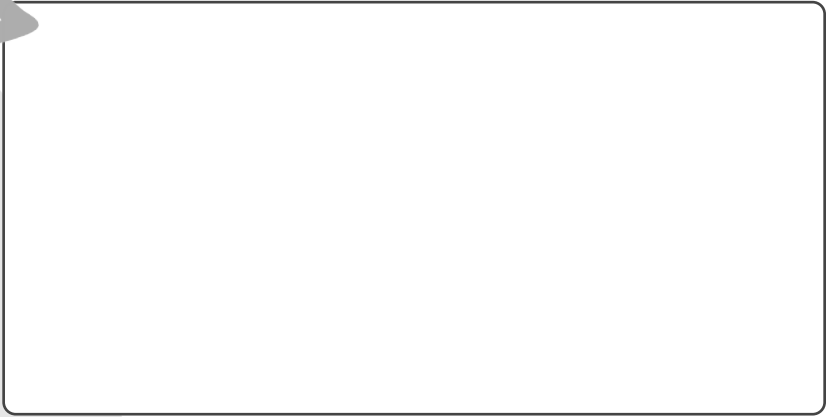
Acts 4:32

All the believers were **one** in heart and mind. No one claimed that any of their possessions was their own, but they **shared everything** they had.

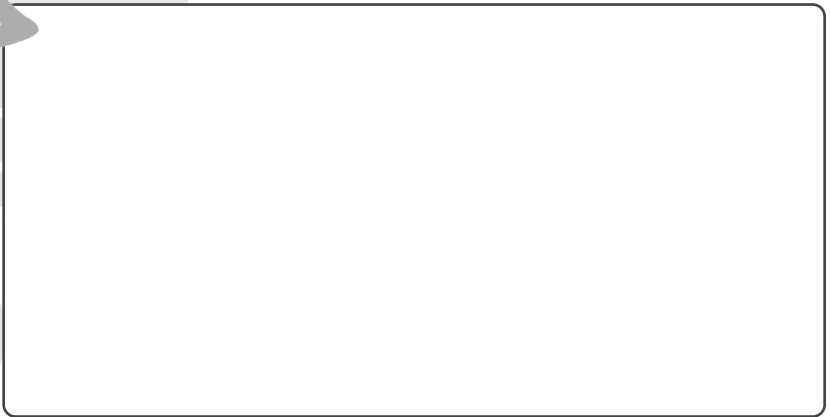
GUIDING THOUGHTS

- Generosity is an outpouring of a life consumed with gratitude. When you grasp what Jesus has given you, you are compelled to give to others.
- The church started with people leveraging generosity to impact people. How is generosity a part of your life's rhythm? How can you increase your generosity impact?

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 8

Forever is a long time. It is actually a measurement of time that is difficult to grasp. With every birthday you have, time seems to increase in pace with a veracity that leaves your life spinning. Time is a fascinating reality. That is why just the thought of **forever** has the ability to freeze your mind. God doesn't operate in the same time continuum. God is love. He is the definition of love. And He is the great I Am. And His love has no start and no end.

1 Chronicles 16:34


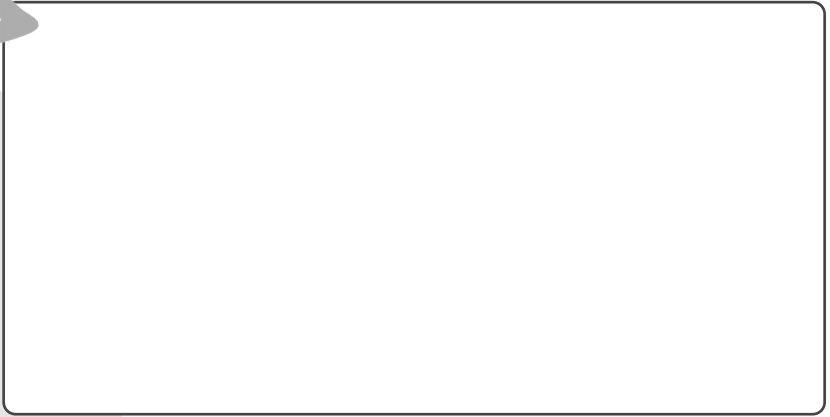
**Give thanks to the Lord,
for he is good;
his love endures forever.**



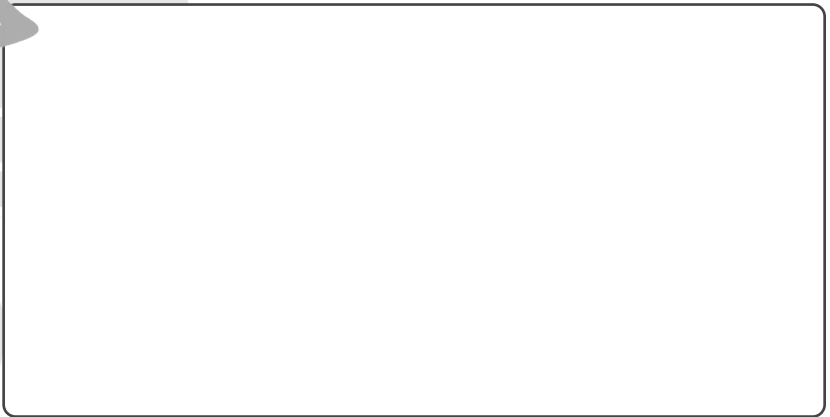
GUIDING THOUGHTS

- Give thanks today specifically because God is good, and He loves you.
- Reflect specifically on the love that He has for you. His love isn't based on how good you are but because He is good.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 9

There is a blurry space that emerges between the list of needs in your life and the list of wants that seem to sneak its way in. And when that happens, it is easy to just focus on the needs that have the power to demand your attention. God has promised to be with you and to care for you. Trust that He will.

Philippians 4:19


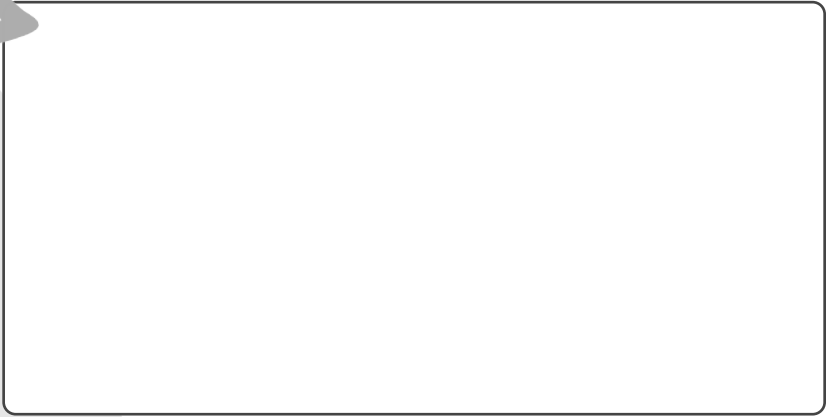
What are your needs right now?

And my God will **meet** all your **needs** according to the riches of his glory in Christ Jesus.

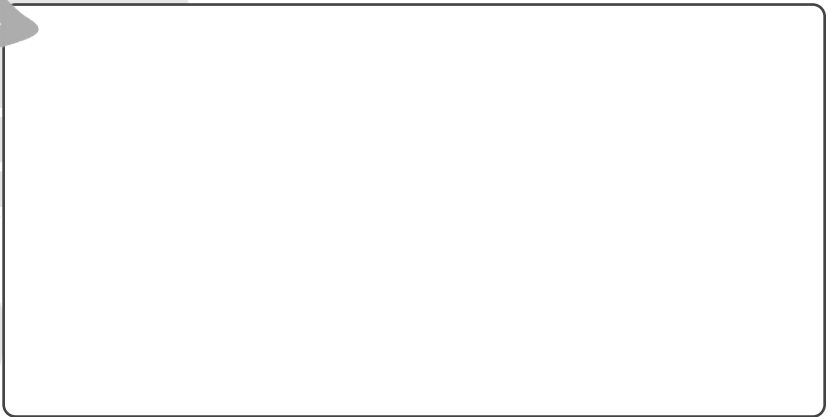
GUIDING THOUGHTS

- Pause today and focus on how God is present and active in meeting your needs.
- Do you have a need that is causing great concern? Go to God, be specific, and ask Him to meet your need.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 10

Change is an inevitable part of your life. The seasons change with a regularity that we just expect. Children grow, mature, and change as they race to adulthood. With every breath, your body changes as age is committed to never slowing down. And yet, you place your faith in a God who never changes.


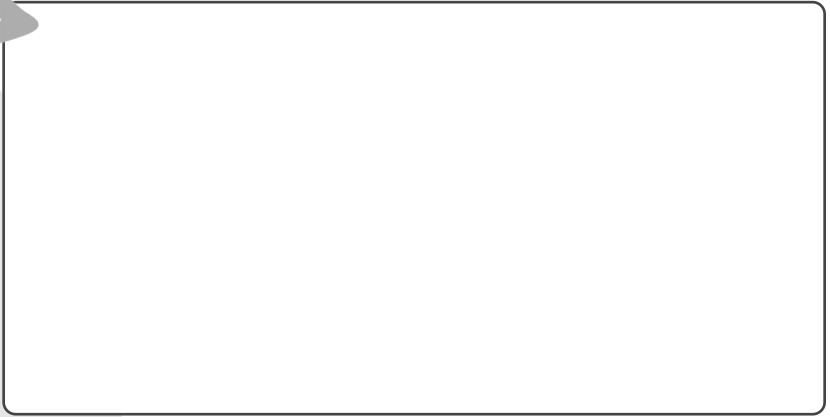
James 1:17

Every **good** and **perfect** gift is from above, coming down from the Father of the heavenly lights, who **does not change** like shifting shadows.

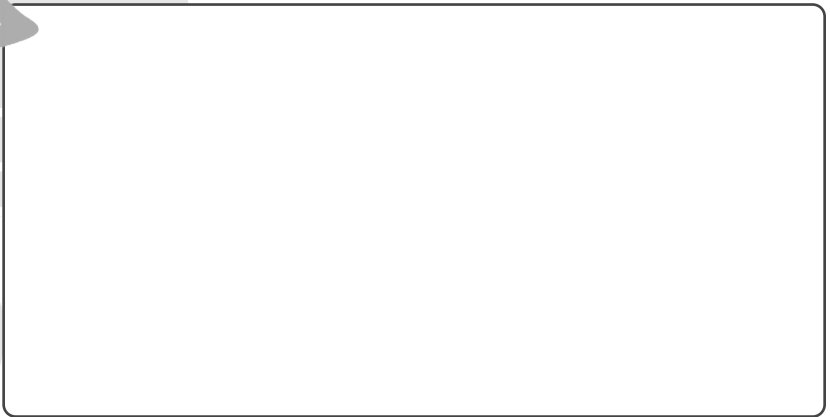
GUIDING THOUGHTS

- Start your day by focusing on an unchanging God who was, is, and will always be.
- Reflect on His creation. The sun that rises every morning and stars that illuminate the darkest of nights.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 11

There is a life-altering insight that has the power to change how you view everything you have. The beginning step is to grasp that everything you have, is God's. He is a generous God who meets your needs. What does He ask from You? Give a portion back to him in an act of honor, worship, and trust.

Proverbs 3:9-10


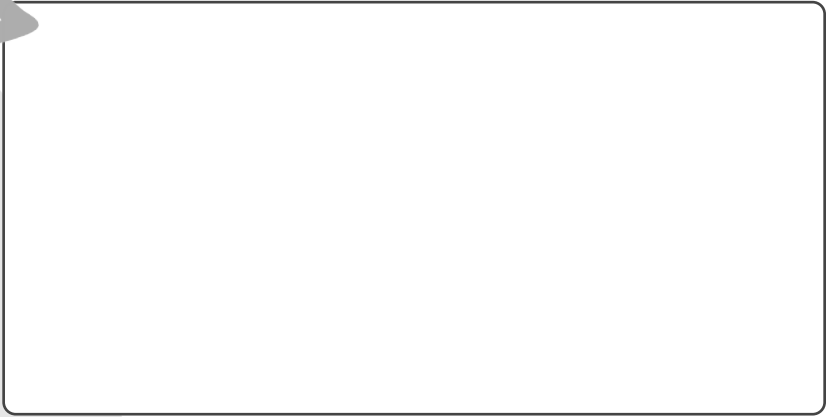
Start here! { Honor the Lord with your **wealth**,
with the **firstfruits** of all your crops;

➔ **then** your barns will be filled to overflowing, and your vats will brim over with new wine.

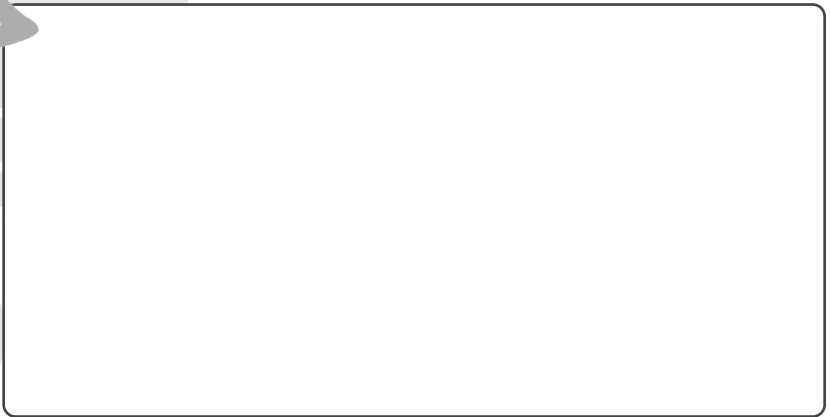
GUIDING THOUGHTS

- Tithing is an ancient word that simply means 10%. It is an action, giving God the first portion, with a pursuit to honor God.
- Invite God into your finances as you choose to generously give.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 12

God wants to leverage you - your story - to help other people grow in their faith journey. And this has nothing to do with if you feel like it or are even ready to do it. God has tapped you on the shoulder and said, "Go!" Take a moment and feel the weight of this opportunity. And now embrace His call with courage that is sourced from God.

Colossians 3:16


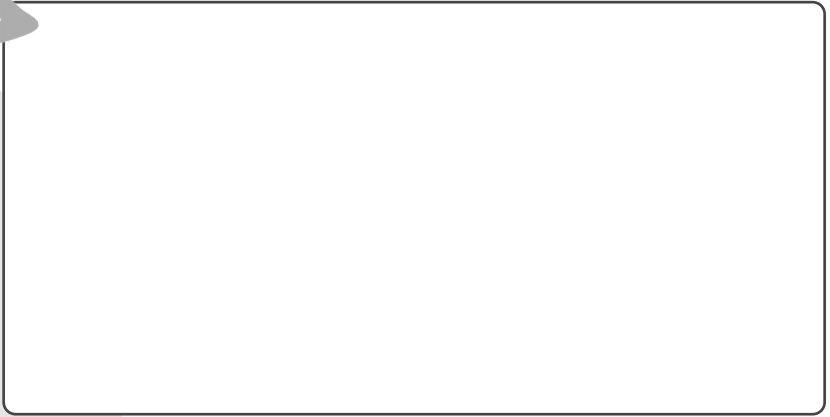
Let the message of Christ dwell among you richly as you [teach and admonish] **one another** with all **wisdom** through psalms, hymns, and songs from the Spirit, singing to God with **gratitude** in your heart.



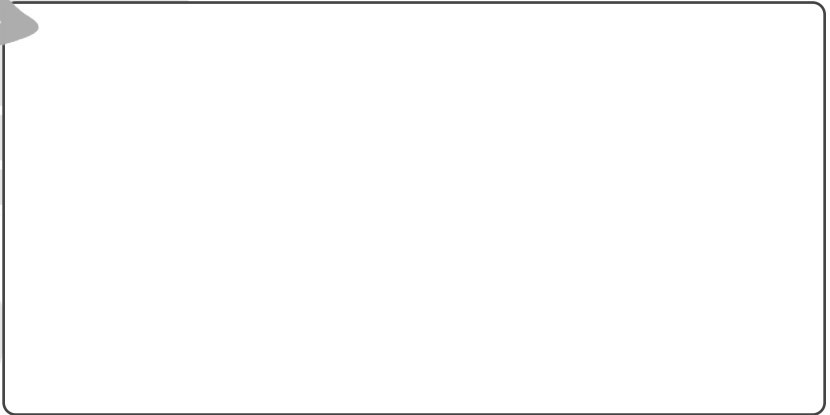
GUIDING THOUGHTS

- It is day 12 of your gratitude journey. You have grown and changed as God’s word has taught you. Who do you need to share your journey with today?
- The word admonish is a word that is not commonly used. This word means “high-octane encouragement”. Who do you need to encourage today to live a life fueled with gratitude?

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 13

Do you praise God at **all** times? More than likely, the answer to that question is no. It is difficult to praise God when life hits you with an unrelenting number of left hooks. It is challenging to praise God when uncertainty continues to beat against the foundation of your faith. Today, no matter what you are facing, praise Him.

Psalm 34:1-2


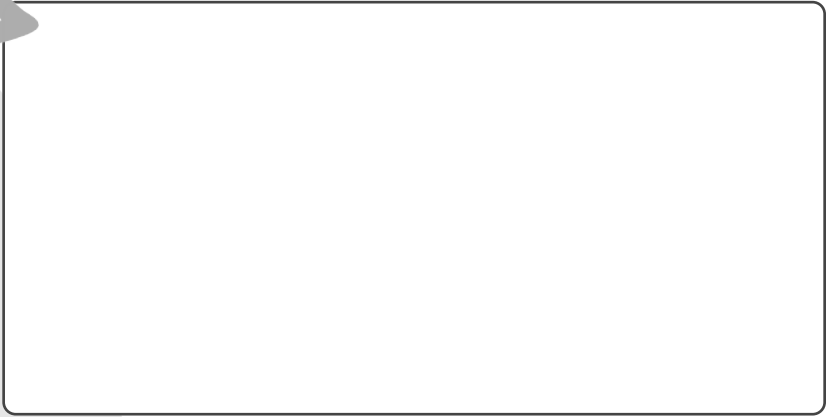
 *praise highly, elevate*

I will **extol** the Lord at **all** times;
 his praise will **always** be on my lips.
 I will glory in the Lord;
 let the afflicted hear and rejoice.


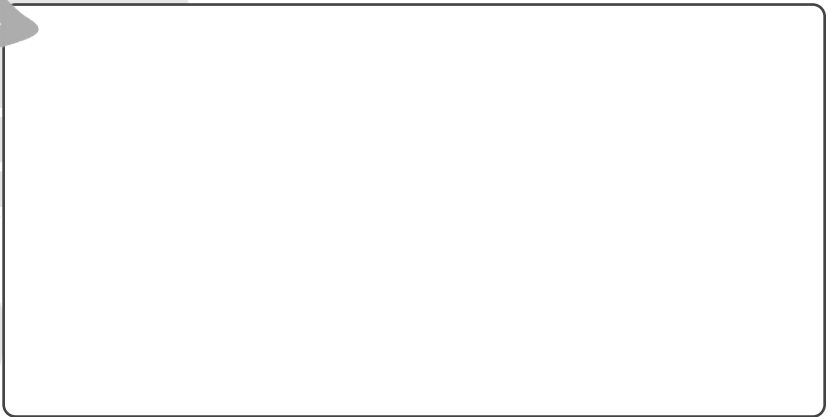
GUIDING THOUGHTS

- Express gratitude to God today, no matter how complex and challenging life is.
- Praise God for who He is. Praise God for His faithfulness in your life. Praise God for His constant guidance through the darkest of valleys.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 14

There is a constant barrage against you to take your eyes off God and place your focus and attention on other people, values, and pursuits. You see this reality throughout the countless stories in the Bible.

Over and over, God puts incredible pressure on His people to keep Him as a priority in all areas. God desires for you to keep your eyes locked on Him and trust Him to be the ultimate source of all that you need. And for you to only worship Him.


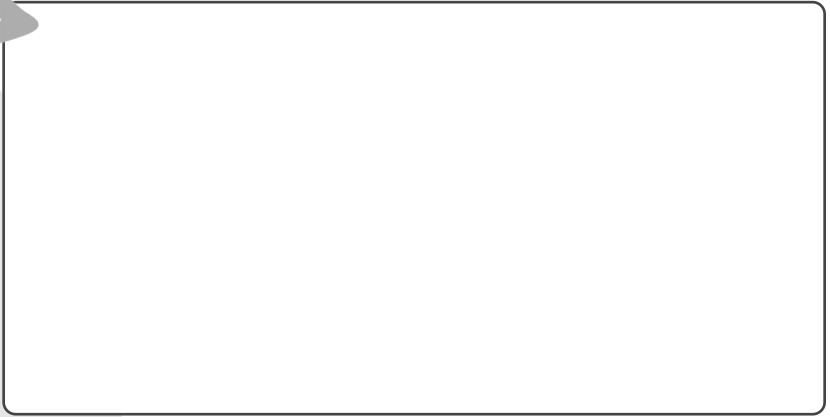
Exodus 20:3

You shall have no other gods before me.


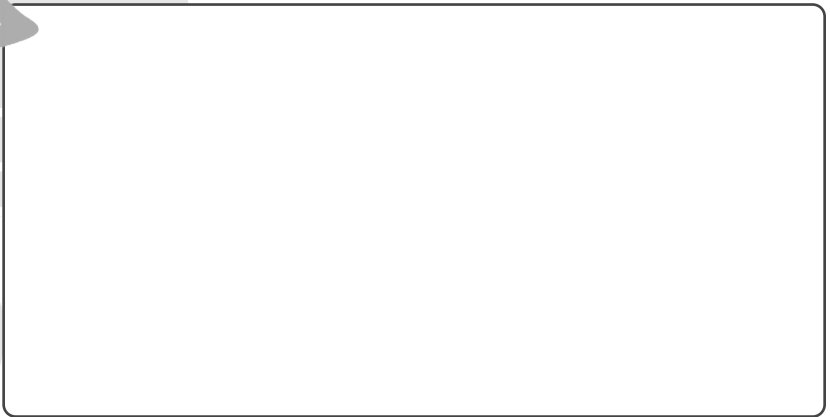
GUIDING THOUGHTS

- Focus today on what (or who) you are putting before God in your life.
- Repent.
- Embrace God's love and grace as you shift your eyes and heart back to Him.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 15

If only I had ...

If I could just ...

If things would turn ...

If my life would only...

So many moments of life are interrupted by this simple two-letter word, **"if"**. It focuses on what you don't have and circumstances that might be out of your control. And it can lead you down a road of discontentment.

Philippians 4:11


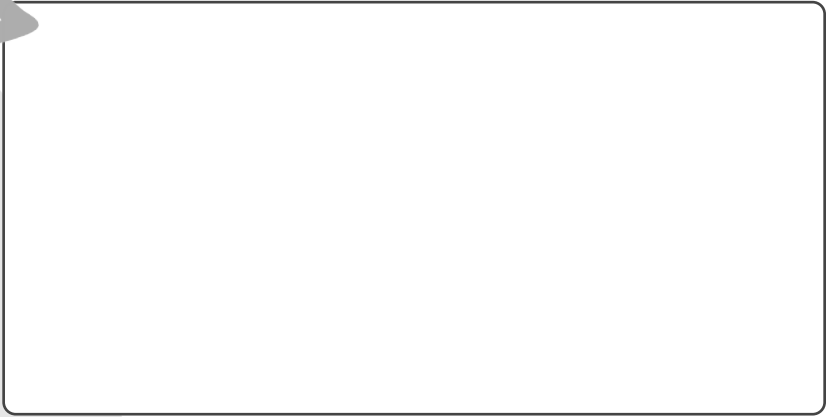
*Reflect
on day 9.*

I am not saying this because I am in **need**,
for I have {*learned to be content*}
whatever the **circumstances**.

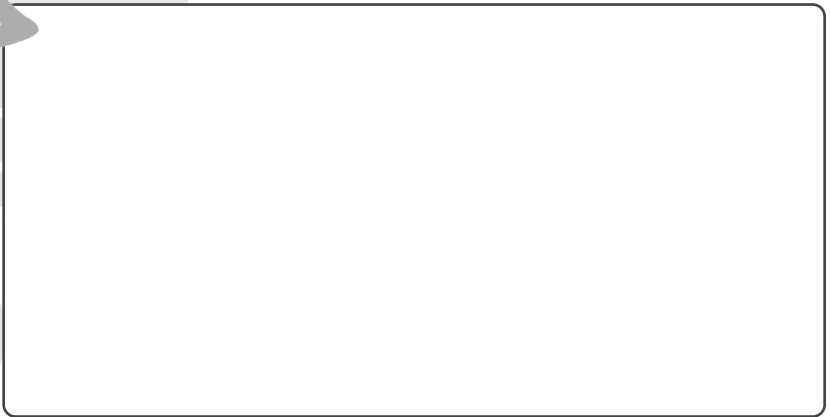
GUIDING THOUGHTS

- Context is a powerful insight. Remember that the Apostle Paul is writing these words while locked up in prison.
- What circumstances in your life are leading you away from living a life of contentment?
- Choose to be content today.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 16

Perfection is not the goal. It's pursuit. Jesus modeled a life that He has called you to reflect on. It is a commitment to love, live and lead like Jesus. And that journey is filled with learning, failures, and being stretched. The Apostle Paul embodied this pursuit as he authentically wrote about the areas where he was learning.

Philippians 4:12

I know what it is to be in need,
and I know what it is to have plenty.

I have **learned**  *A constant pursuit to grow, change and be stretched*

Day 17


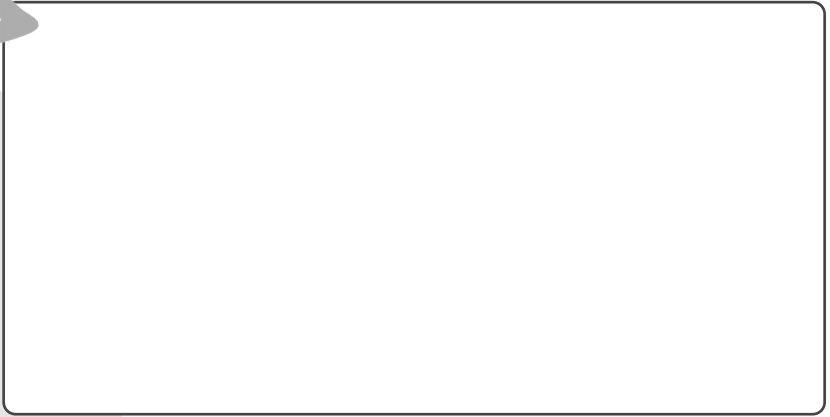
the **secret** of being content

in any and **every** situation,
whether well fed or hungry, whether living in
plenty or in want.

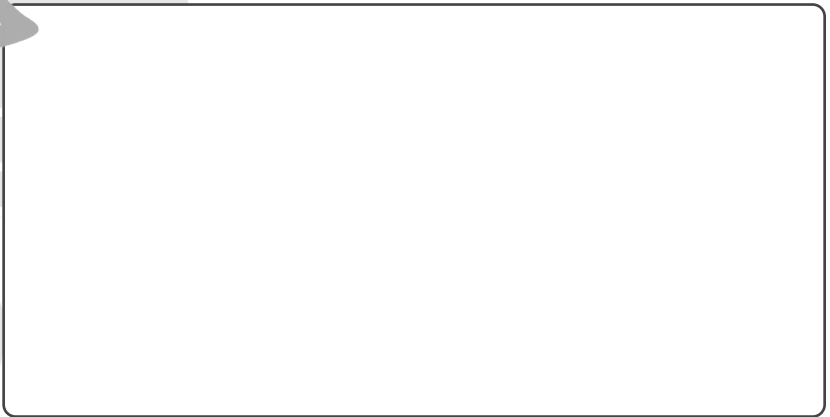
GUIDING THOUGHTS

- You have an opportunity today to learn and to be stretched. This might create some tension and make you feel uncomfortable. Embrace this reality and experience contentment that is sourced from Jesus.
- What areas do you need to choose to be content in, if only I had ...
- If I could just ...

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 17

Days 15 and 16 focused on the learning process tied to contentment. It is a pursuit that will constantly stretch you and reveal growth areas. The Apostle Paul then drops a staggering statement that he had discovered the secret of contentment. What is that secret?

(The answer might be a bit simpler than you anticipated.)


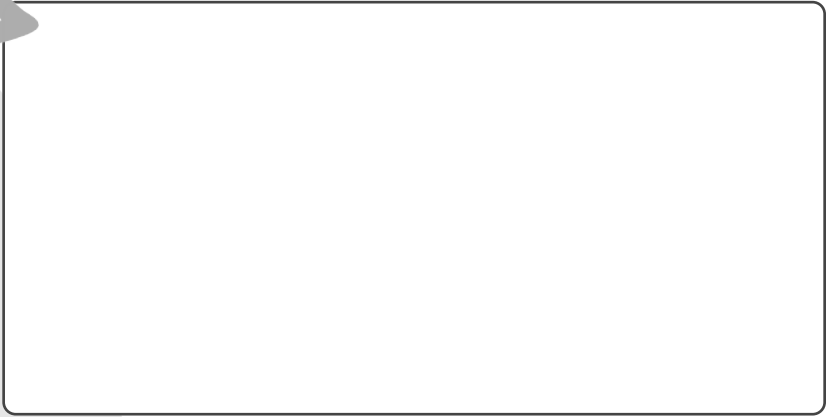
Philippians 4:13

*I can do **all** this through him who **gives** me strength.*

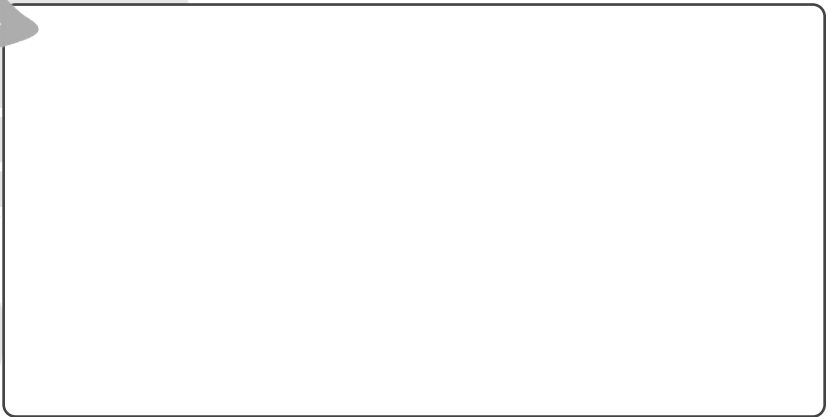
GUIDING THOUGHTS

- Read these words again. Now, say them out loud. And when you say them out loud, say them with confidence, knowing that Jesus is your source of strength.
- Charge into this day with confidence that no matter your circumstances, Jesus is active and present, leading you.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 18

When you embrace the gravity of gratitude, you choose to focus on people in need. A desire erupts from within you to be a source of help, encouragement, and support for those with who God intersects in your life. This gratitude is linked to what Jesus graciously gave you on the cross. And it is because of this gift that the church rapidly expanded around the world.

Acts 20:35

In everything I did, I **showed** you that by this kind of hard work we must help the **weak**, remembering the words the Lord Jesus himself said:


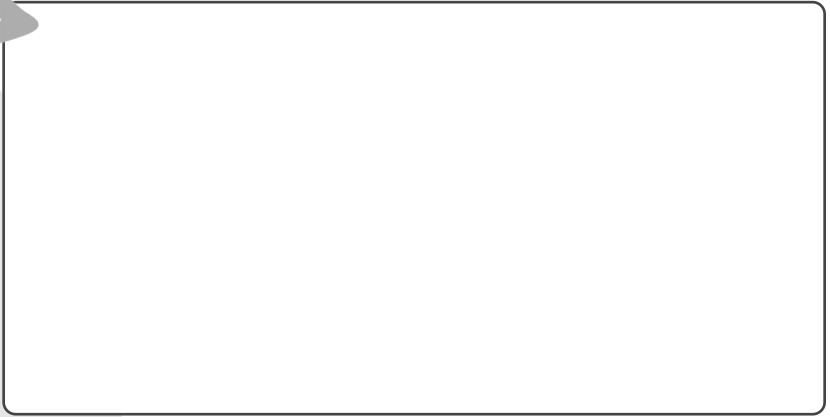
*powerless, sick
needy, poor*

It is more blessed to give than to receive.

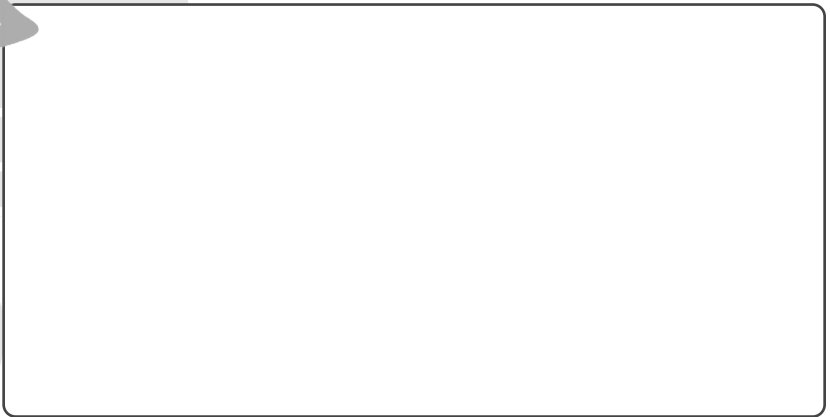
GUIDING THOUGHTS

- Reflect on these two words for a moment: give & receive.
- When you think about both of these words, pay attention to the emotions swirling within you.
- Over and over again, Jesus modeled a life of giving.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 19

Do you feel like life is just pressing you down? You wonder how much more you can take as disappointment, loss, uncertainty, and pain-inducing moments keep knocking you around and down. Face God with complete certainty that He cares deeply for you.

1 Chronicles 16:35


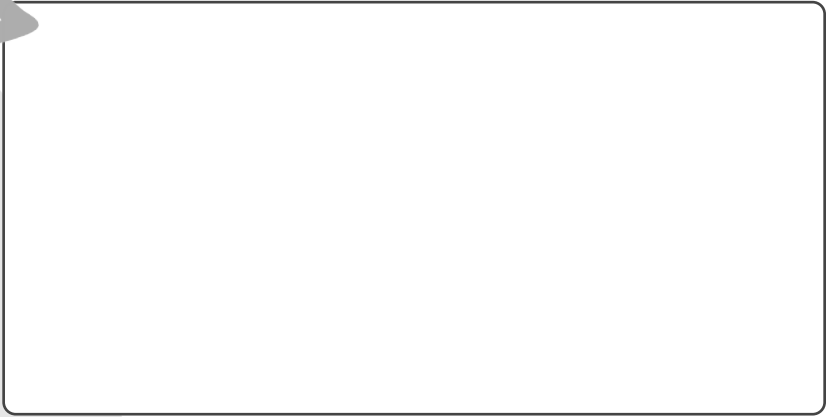
Cry out,

“Save us, God our Savior;
gather us and deliver us from the nations,
that we may **give thanks** to your holy name,
and glory in your praise.”

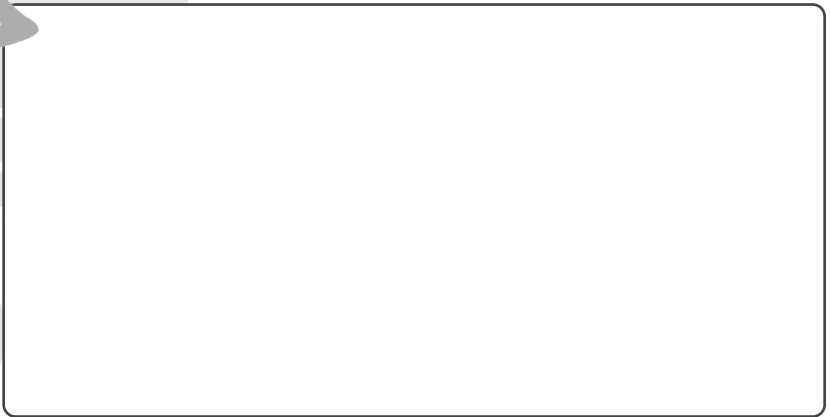
GUIDING THOUGHTS

- Do you just need to cry out to God today? Go for it!
- Express to God the pain that is swirling within your heart.
- Tell Him what is overwhelming your soul.
- Ask Him specifically to meet you in your grief, your fear, your uncertainty, or in your loneliness.
- And no matter what, give thanks.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 20

Worship lifts your eyes off of yourself and focuses your attention on God. When you worship, your heart aligns with the heart of God. And remember, worship is not just relegated to the act of singing. It is an expression - within your mind and with your words - your awe and extreme value in the great I Am!


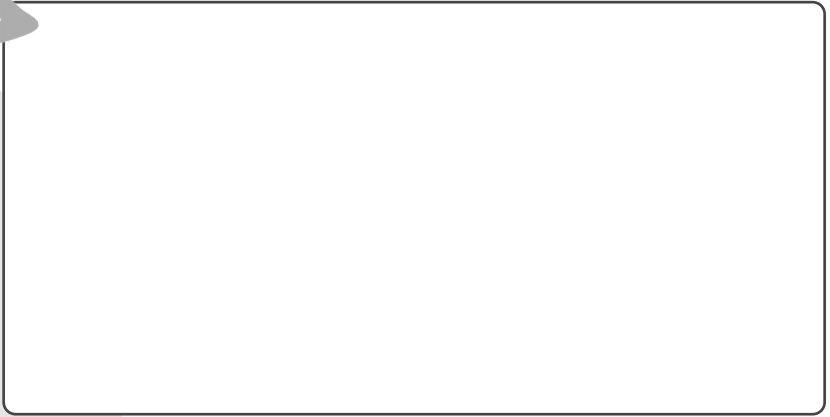
Psalm 100:1-2

- ▷ **Shout** for joy to the Lord, all the earth.
- ▷ **Worship** the Lord with gladness;
- ▷ **come before him** with joyful songs.

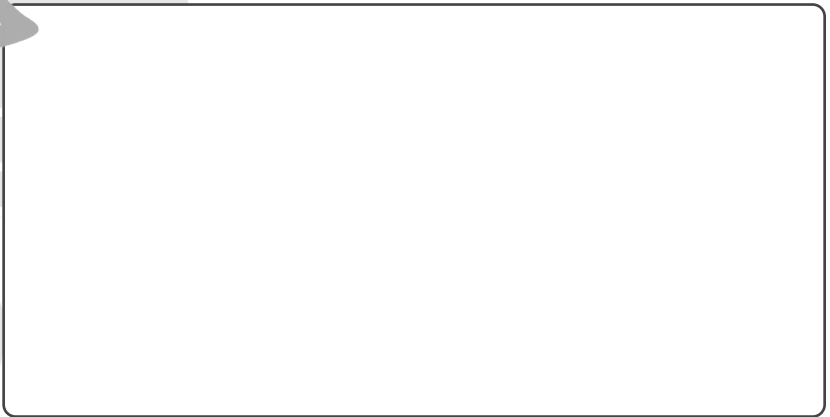
GUIDING THOUGHTS

- Start your day with a shout of joy. Embrace that God is the source of your joy.
- Worship God with a heart filled with gladness.
- Sing a song (or hum a song, or listen to a song) that reflects the joy within you.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 21

Music has a way of churning emotion. It amps you to compete on the field or calm your mind as you drift off to sleep. Christmas music sets the mood, and 80s hair metal takes you back to college or high school. And hearing a hymn that your father would sing ushers in memories of the past.

The Bible, over and over again, talks about making music from your heart or singing songs from your heart. It is a life-giving image of selecting the right soundtrack for your heart and mind.

Ephesians 5:19b-20


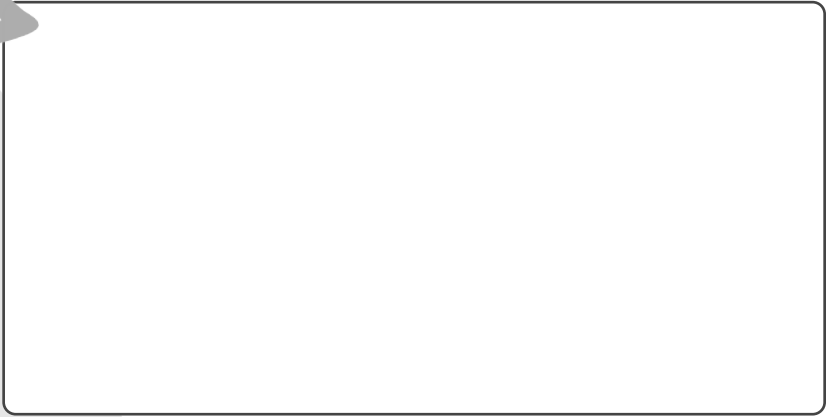
Sing and make music **from** your **heart** to the Lord, always **giving thanks** to God the Father for **everything**, in the name of our Lord Jesus Christ.

Everything, means ... everything.

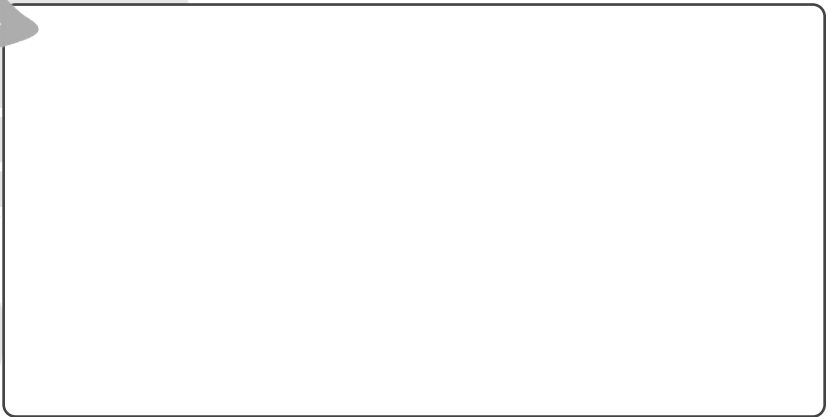
GUIDING THOUGHTS

- Choose to start your day with a soundtrack of gratitude.
- Choose to thank God for the good things in your life because He is a good God.
- Choose to give God thanks for the not-so-good things in your life because He can work all things for good.

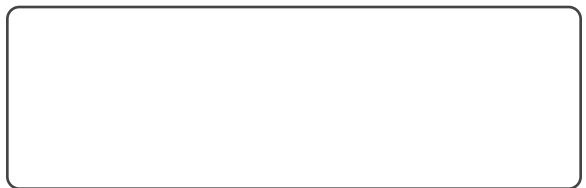
ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**




DAY 22

Fear is an extremely strong emotion that wreaks havoc within your mind and creates chaos in your life. When you think about fear, things like the fear of snakes, public speaking, and financial stress seem to dominate our minds.

But the word often translated as fear has a vastly different meaning in the Bible. It is still a strong emotive word, but it has to do with awe, reverence, and wonder. It is an emotional response that leaves you trembling and overwhelmed by just the thought of God.

Proverbs 19:23


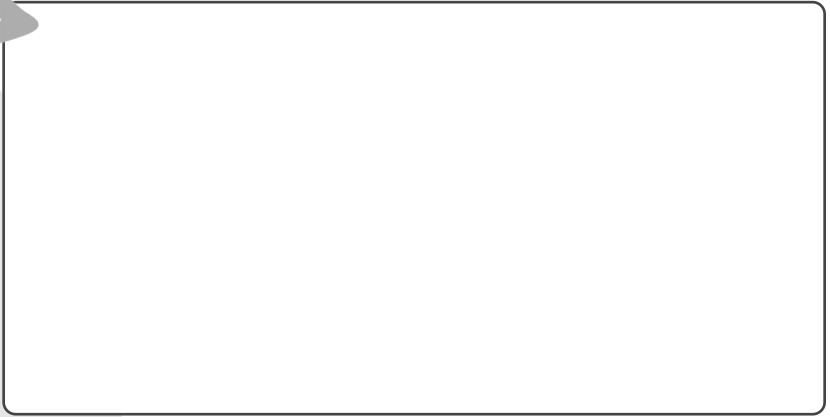
Awe, Reverence, Wonder

The **fear** of the Lord
 leads to life; 
 then one rests **content**,
 untouched by trouble.

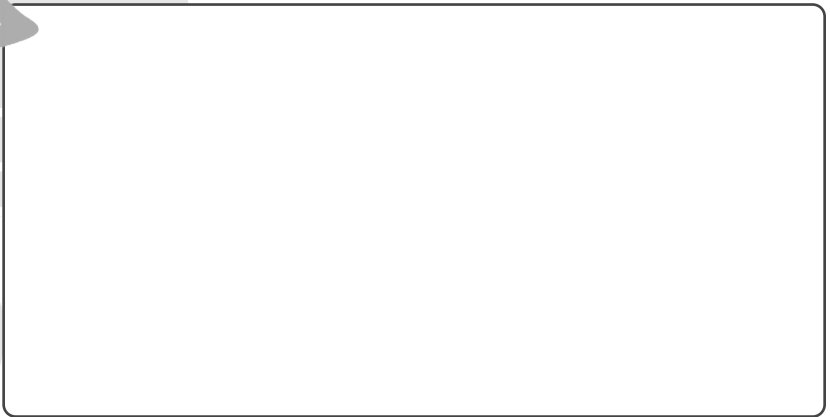
GUIDING THOUGHTS

- Pause and reflect on who God is.
- Allow His power, majesty, and holiness to leave you trembling in fear, awe, reverence, and wonder.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 23

Jesus leveraged a significant amount of His time teaching about the condition of your heart. He warned about all the things in this world competing for your life's top priority. What is that thing battling for that #1 spot? Your money. Your stuff. Ultimately, God is after your heart - all of it - for you to put him in the #1 spot.

Matthew 6:20-21

But store up for yourselves **treasures** in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal.


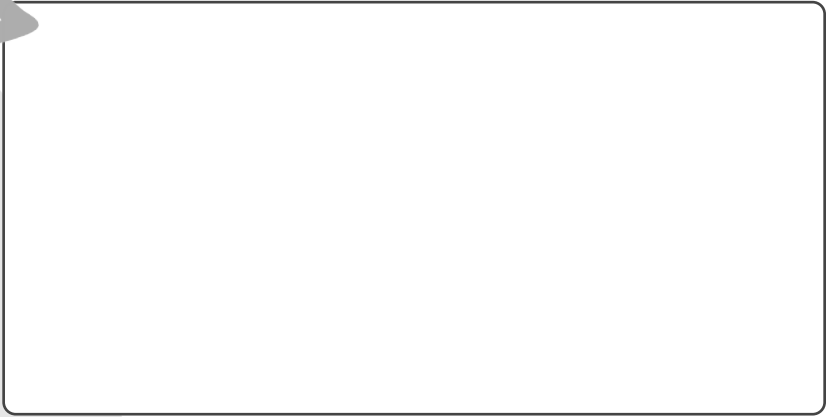


For where your **treasure** is, there your **heart** will be also.

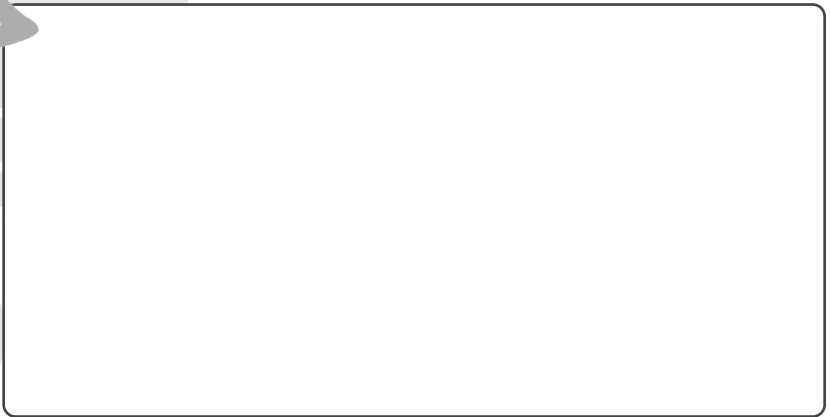
GUIDING THOUGHTS

- What or Who has the #1 priority in your life?
- What treasures are you storing up that will last for all eternity?
- A heart of gratitude aligns with God's heart and joins God in what He is doing.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 24

As the sun creeps methodically over the mountain ridge every day, it reminds you that God spoke the stars into place. Every time you inhale air into your lungs, slowly pushing air back out, you give praise to His holy and wonderful name. Every moment you pause and look at the extent of God's magnificent creation, grasp the magnitude of God's generous nature.


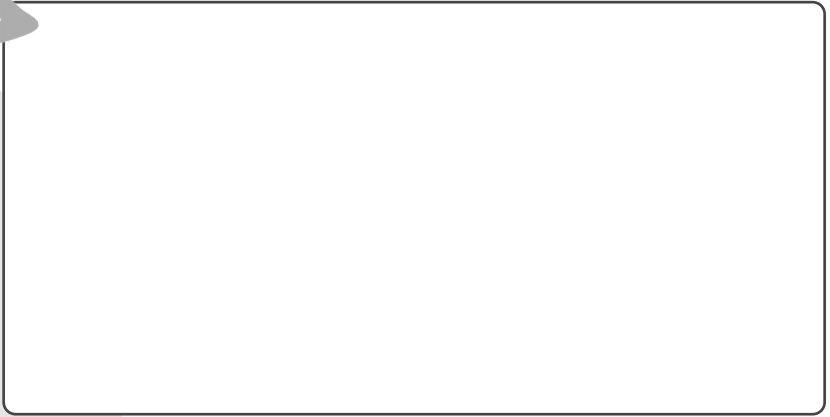
Acts 17:24-25

“The God who **made** the world and **everything** in it is the Lord of heaven and earth and does not live in temples built by human hands. And he is not served by human hands, as if he needed anything. Rather, he himself *gives* everyone *life* and *breath* and *everything* else.


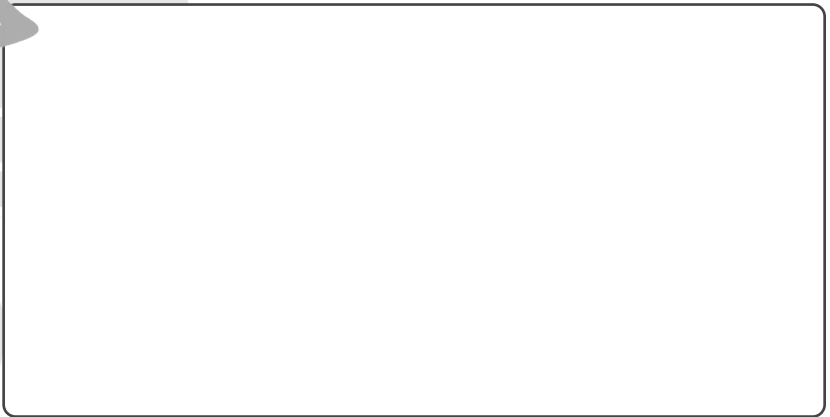
GUIDING THOUGHTS

- Don't just rush into your day. Create a bit of space and reflect on everything God has given you and everything He has created around you.
- Give God thanks for all that He has done for you.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 25

Sin fractured this world and created an uncrossable chasm between you and God, the heavenly father. But God's love and grace wouldn't allow the separation to be permanent. He set in motion a love story that is beyond comprehension. A story that led His son, Jesus, to be nailed to a cross to be the ultimate sacrifice. And as Jesus hung there, gasping for breath, He had your name on His lips. And it is through His death and resurrection you have victory!

1 Corinthians 15:56-57

The *sting of death* is sin,
and the *power of sin* is the law.


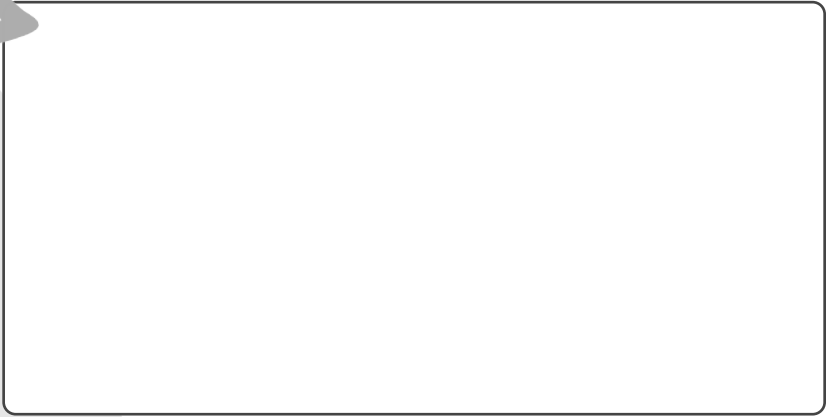


But **thanks** be to God! He gives us the **victory** through our Lord **Jesus** Christ.

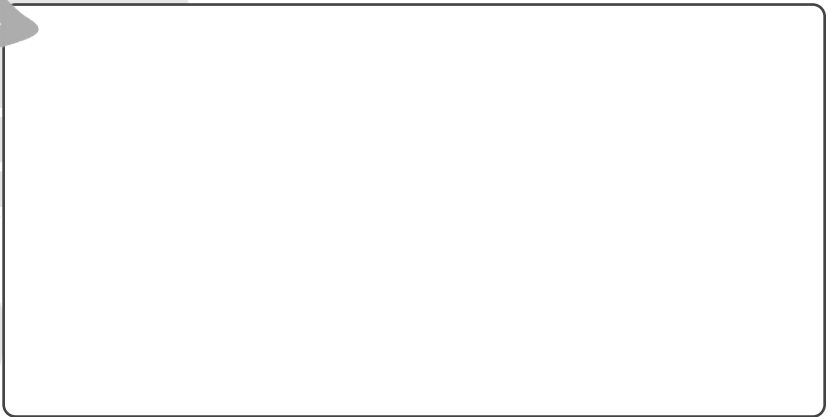
GUIDING THOUGHTS

- Reflect on God, the Father's love for you, and His grace that envelopes you.
- Thank Him for the ultimate Sacrifice Jesus made for you.
- Claim the victory that He has given you.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 26

What do you pray for? What consumes your time talking with God? It is easy to spend 99.9% of the time focused on everything you need God to do for you. And you should continually go to God with your needs, fears, and concerns. As you do, make sure you give God thanks no matter what you are facing.

1 Thessalonians 5:17-18

▷▷ *Pray continually,*


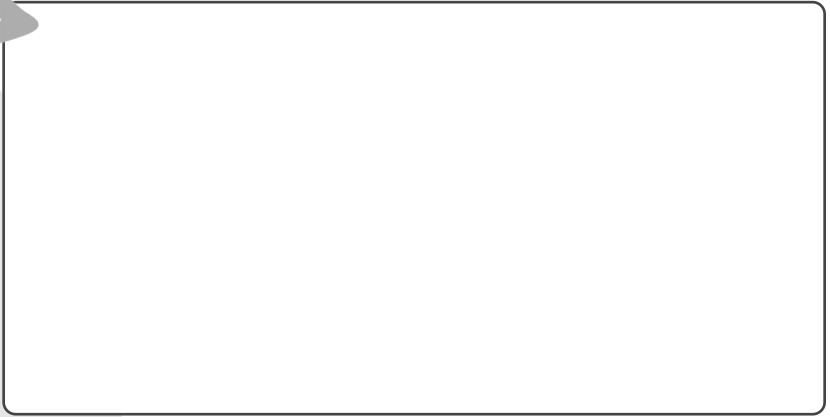
▷▷ *give thanks in all circumstances;*

for this is *God's will* for you in Christ Jesus.


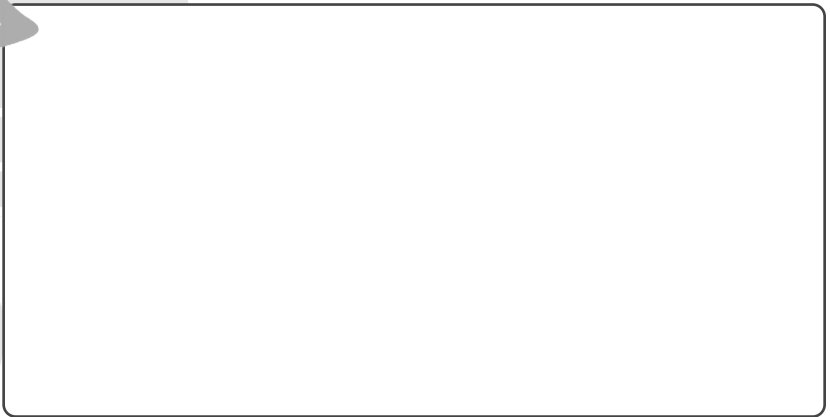
GUIDING THOUGHTS

- Start your day by giving God thanks.
- As you move throughout your day, give God thanks.
- When you crawl into bed tonight, give God thanks.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 27

A heart consumed with gratitude moves you to give generously to God in an act of worship. Tithing, the action of giving your first 10% to God, keeps you trusting God in all areas of your life. It is an act of worship that keeps your eyes locked on God. And it helps position your heart not to allow money to control your life.


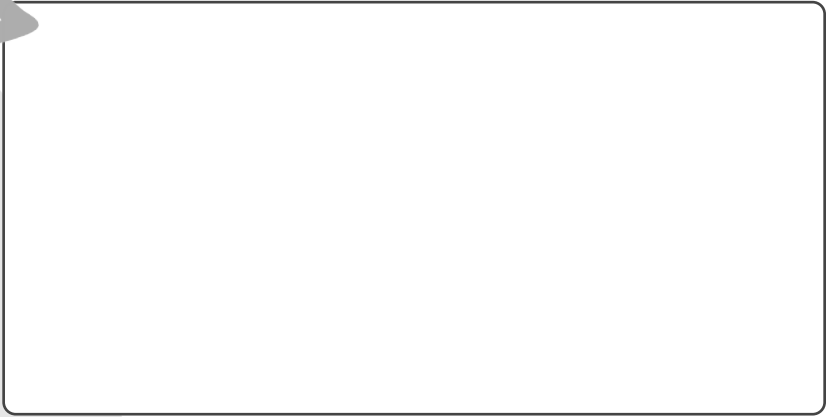
Malachi 3:10

Bring the whole ^{→10%} **tithe** into the storehouse, that there may be food in my house. **Test me** in this,” says the Lord Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it.

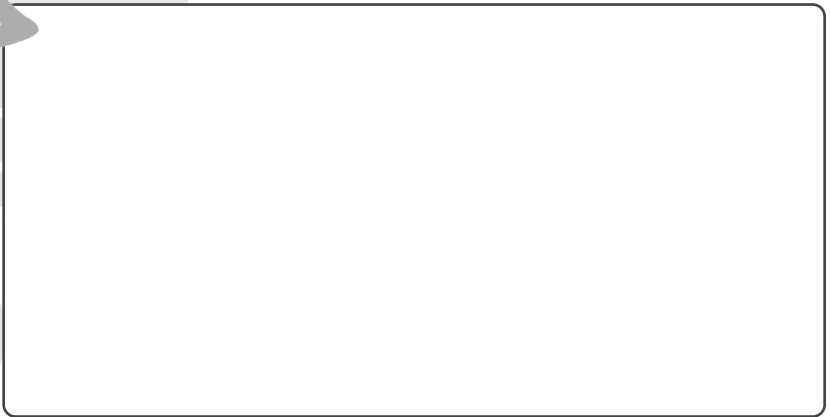
GUIDING THOUGHTS

- Invite God into a conversation about your money and finances.
- Test God by giving your tithe with a heart filled with gratitude and joy.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 28

God loves you. Period.

Let that penetrate deep within your mind and engulf your heart. His love for you isn't based on how good you are. His love for you isn't tethered to how much faith you have or don't have. His love doesn't scale up or down based on the spiritual boxes you check. God, the almighty - holy - perfect -everywhere God calls you His! You are His child. And He loves you.

1 John 3:1a


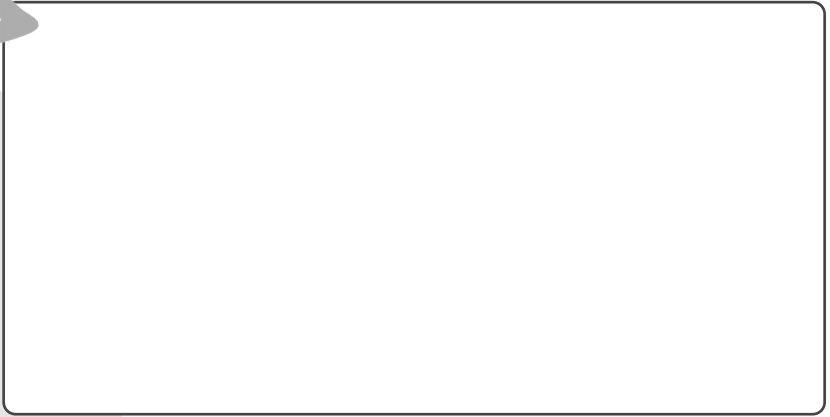
See what **great love** the Father has **lavished** on us, that we should be called **children** of God!

And that is what we are!

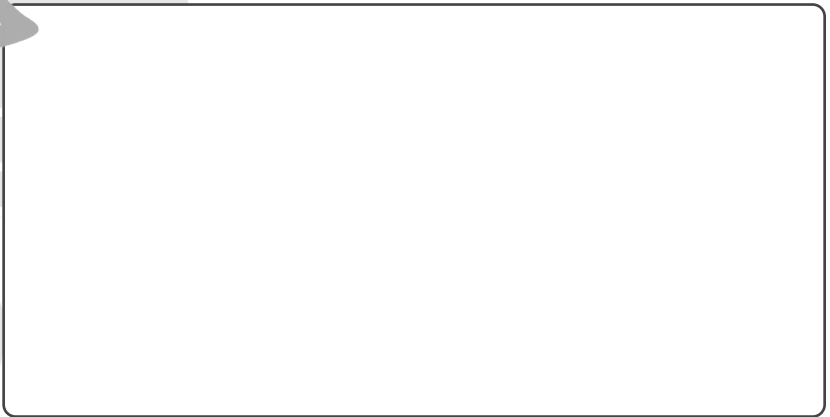
GUIDING THOUGHTS

- Your Heavenly Father loves you with an absolutely perfect and unending love. Pause and let that truth consume you.
- Receive His love even if you do not feel worthy or deserving. Receive His love because He loves you.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



___/___/___

M T W T F S S

KICKSTART 

DAY 29

Today, enter into God's presence.

Today, give thanks to God for who He is and all that He continues to do.

Today, praise His name.

Repeat.


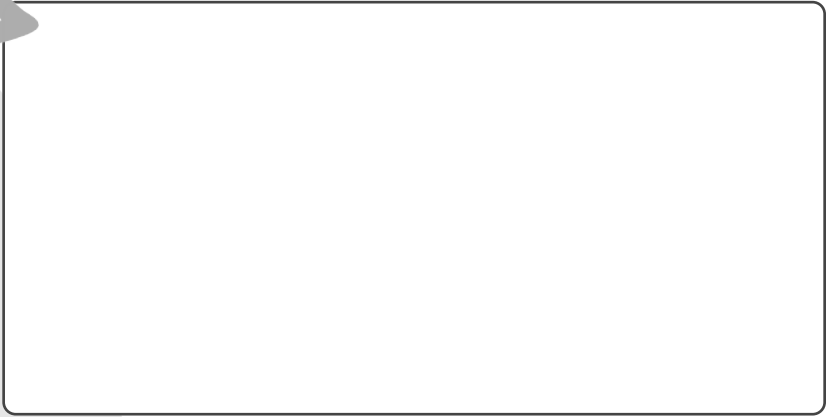
Psalm 100:4

*Enter his gates with thanksgiving and
his courts with praise; give thanks to him
and praise his name.*

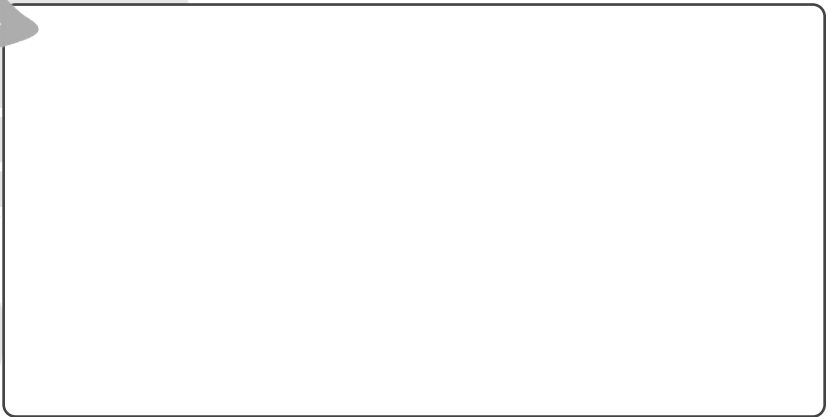
GUIDING THOUGHTS

- Starting your day with a heart of gratitude will set the trajectory for your entire day.
- Be specific with God surrounding what you are thankful for.
- Praise His name.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**



DAY 30

Day 30. The last day in this gratitude journey. But do not let this be your last day. Grab a notebook and leverage the resources in the next section to help guide your next 30 days and the 30 days after. Remember, gratitude is a muscle that must be stretched and exercised. If you don't, it will fade away.


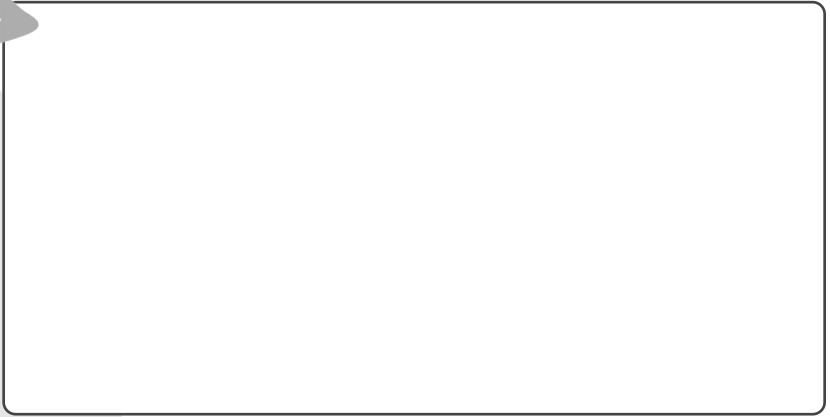
Psalm 100:5

For the Lord is **good** and his **love** endures forever; his **faithfulness** continues through **all** generations.

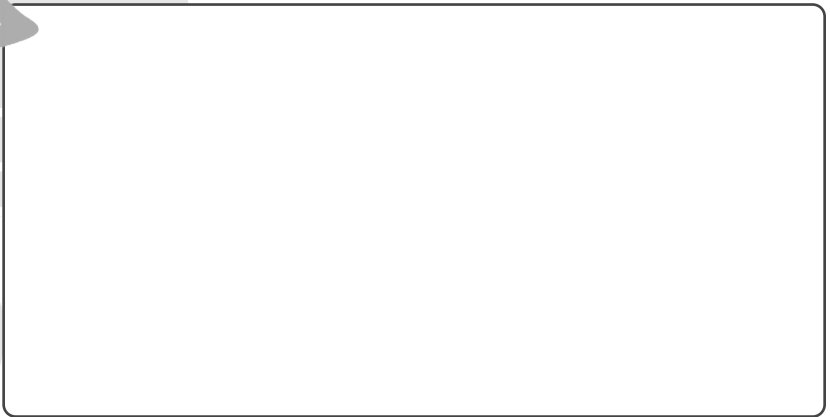
GUIDING THOUGHTS

- God is a good Father who loves you deeply.
- God is a faithful Father who is who He says He is and will do everything He says He will do.
- God is a loving Father who calls you His own.

ONE GUIDING INSIGHT



I'M GRATEFUL FOR



WORD
FOR
THE **DAY**





NEXT 30



Way to go! 30 days are complete. Your first 10 minutes of the day sets your entire day's trajectory. Now, it is time to launch into your next 30. Here are three simple steps for you to get going.

1 *Grab A Journal*

Actually, it doesn't have to be a journal. Grab a notebook or a stack of paper. I do recommend that you leave your digital devices alone. The goal is to limit distractions and keep focused for 10 minutes.

2 *Discover Your Framework*

Over the past 30 days, you have been using one type of framework to guide your gratitude journey. This is only one way. Did it work for you? Use it. If not, tweak it to fit you.

3 *Launch The Next 30*

There are 30 more verses provided for you. These are to help get you started. You will also find blank lines. These are there to encourage you to discover more verses, write them in, and prepare for the next - next 30.

VERSES

- Leviticus 27:30
- 1 Samuel 12:24
- Psalm 7:17
- Psalm 9:1
- Psalm 100:3
- Psalm 107:1
- Psalm 118:21-22
- Psalm 121:1-4
- Psalm 121:5-8
- Psalm 147:6
- Psalm 147:7
- Proverbs 19:23
- Isaiah 41:10
- Daniel 6:10
- Matthew 6:24
- Matthew 7:9-11
- Matthew 11:28
- Mark 12:41-44
- Luke 2:14
- John 3:16-17
- Acts 2:44-45
- Romans 8:28
- 1 Corinthians 1:9
- 2 Corinthians 4:15
- 2 Corinthians 9:10-11
- 2 Corinthians 9:12
- Ephesians 1:15-16
- Philippians 4:4
- Philippians 4:6
- Philippians 4:7
- Philippians 4:16-17
- Colossians 2:6-7
- Colossians 3:17
- Colossians 4:2
- 2 Thessalonians 1:3
- 1 Timothy 4:4-5
- 1 Timothy 6:10
- Hebrews 12:28-29

WORD FOR THE DAY



The word of the day section is a powerful tool that helps focus your mind for the day. This one word (or phrase) is meant to be a **mantra** that you keep saying over and over again. And when those negative, dark, and destructive thoughts try to hijack your mind, you are ready to go on the offensive and attack those thoughts. Here are some words to help guide you throughout your 30 days and into your next 30.


WORD SUGGESTIONS.....

Brave Caring Courageous
Valued Important Motivated
Empowered Bold Worthy
Chosen Gifted Protected
Enough Complete
Genuine Resilient
Not Alone Precious
Successful Creative Tenacious
Loved Capable Strong Unique

GRATITUDE

Prompts

Journaling is a powerful way to stretch, strengthen, and sharpen your heart of gratitude. But it is not the only way. Here is a list of ideas that will definitely help you grow and deepen gratitude in your life.



○ **EXPRESS**

Write a note of encouragement to someone focused on who they are. As you write, be specific and focus on why you are grateful for them. (Remember: Saying thanks is focused on what they have done for you.)

○ **HIKE**

Take a step outside and go for a hike. Focus your thoughts on God's creative masterpiece surrounding you. Allow your mind to wonder and wander as you commit to keeping your eyes locked on God. And as you walk, praise God, for He is good.

○ **MARKER**

Take a step outside and go pick out a rock. Don't rush the selection process. Search for one that grabs your spirit. Once you have it, write a verse or a word that will guide you for the next 30 days or even for the year. Now carry this rock with you. Put it in your car or in your work bag. Set it on your desk or on the table next to your bed. Let this be a marker to remind you to express your gratitude.

○ **GIVE**

Giving sacrificially is one of the most powerful actions to stretch and strengthen gratitude. Make a plan to start or increase your generosity by giving to God. Once you have your plan, kick-start it immediately.



Are you ready to *KICKSTART* your gratitude journey?

Your first ten minutes of the day have the potential to focus your mind, fill your heart, and fuel your soul for the entire day.

Take the step and launch into a 30-day journey. Commit to stretching and strengthening your capacity to live a life of gratitude. Recapture the joy and life that God intends for you to experience.
