

BELL CITY
CHURCH

30 Days of Gratitude

30 Days to Grow in Gratitude
& Draw Closer to God

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Welcome

I love Thanksgiving. The food, the family, the football. There's something about it that warms my heart as we lead into Christmas. I love the smell of good food filling the house, the sound of laughter around the table, and that feeling of slowing down, even just for a day, to be reminded of how blessed we really are.

But I've realized something over the years: I don't want gratitude to only show up one Thursday in November. I want it to become part of how I live every day. Gratitude changes how we see God, how we treat people, and how we face challenges. It takes ordinary moments and turns them into reminders of God's goodness.

That's what this devotional is all about. For thirty days, we'll pause together as a church family to notice what God is doing in our lives. Each day includes a short passage of Scripture, a brief reflection, and a simple prayer. My hope is that as you take a few minutes each day to focus on gratitude, your heart will grow softer, your eyes will see more clearly, and your joy will deepen.

By the end of these thirty days, my prayer is that you'll leave November with a greater sense of gratitude, not just for what you have, but for who God is and all He's done.

Let's walk through this together and rediscover how much we already have to be thankful for.

Robby

Week 1 Introduction

Gratitude Begins with God



Every journey toward gratitude starts with seeing God more clearly. Before we ever thank Him for what He gives, we learn to thank Him for who He is. Gratitude is not something we try to manufacture; it grows as we remember God's goodness, His faithfulness, and His presence in every detail of life.

This week, we'll begin by focusing on the foundation of gratitude. We'll look at how it starts with God, how it shapes the way we see each day, and how it deepens when we remember His faithfulness. We'll learn to be thankful for the small things, for salvation, and for the people He's placed in our lives.

As you move through these first seven days, take time to slow down and notice where gratitude is already at work. Let this week help you see that a thankful heart isn't built on perfect circumstances but on a faithful God.

Day 1

Gratitude Begins with God

"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name." Psalm 100:4

Reflection:
Gratitude begins by recognizing who God is. Before we ever thank Him for what He gives, we thank Him for being good, faithful, and constant. Gratitude lifts our eyes from what we lack to the One who provides everything we need.

Prayer:
Father, thank You for Your goodness and faithfulness. Teach me to begin each day with a thankful heart that sees You in every moment. Amen.

Today's Practice:
Start your day by naming three things about God's character that you're thankful for.

Day 2

The Gift of a New Day

The steadfast love of the Lord never ceases;
his mercies never come to an end; they are
new every morning; great is your faithfulness."
Lamentations 3:22–23

Reflection:
Every sunrise is a reminder that God is still faithful. Yesterday's mistakes and worries do not define today. Gratitude grows when we slow down long enough to notice the mercy that meets us in each new morning.

Prayer:
God, thank You for the gift of today. Help me not to rush past Your presence but to receive this day as a fresh start filled with Your mercy. Amen.

Today's Practice:
Take a few minutes to step outside and thank God for the simple gift of a new day.

Day 3

Remembering His Faithfulness

"Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations."
Deuteronomy 7:9

Reflection:
When we look back, we see a trail of God's faithfulness. He has carried us through things we never thought we'd overcome. Gratitude grows stronger when we remember what He has already done.

Prayer:
Lord, thank You for never failing me. Help me to remember Your faithfulness and trust You with whatever lies ahead. Amen.

Today's Practice:
Think of a season when God was faithful to you. Write it down or share it with someone who needs encouragement.

Day 4

Gratitude in the Small Things

"Do not despise these small beginnings, for
the Lord rejoices to see the work begin."
Zechariah 4:10

Reflection:
Big blessings often begin in small moments. Gratitude is not just for the mountaintops but for the small, quiet gifts that fill our days. When we learn to notice the little things, we begin to see God everywhere.

Prayer:
Father, thank You for the small things that remind me You are near. Help me notice the beauty in the ordinary and find joy in what often goes unseen. Amen.

Today's Practice:
Pay attention to one small thing that brings you joy today. Thank God for it before you go to bed.

Day 5

Thankful for Salvation

For it is by grace you have been saved,
through faith—and this is not from yourselves,
it is the gift of God."
Ephesians 2:8–9

Reflection:
Our greatest reason for gratitude is the cross. Salvation is not something we earned but a gift freely given. Gratitude flows when we realize how loved and forgiven we truly are.

Prayer:
Jesus, thank You for saving me. Remind me that every breath and every blessing comes from Your grace. Let my life reflect that gratitude today. Amen.

Today's Practice:
Tell God thank You for saving you. Then thank someone who helped you grow in your faith.

Day 6

When Gratitude Is Hard

Give thanks in all circumstances; for this is
God's will for you in Christ Jesus."
1 Thessalonians 5:18

Reflection:
Some days, gratitude feels out of reach. Yet even then, God is worthy of thanks. Gratitude in hard times is not pretending everything is fine. It is choosing to trust that God is still good, even when life is not.

Prayer:
Lord, when gratitude feels hard, help me trust Your heart. Give me the strength to thank You even when I do not understand. Amen.

Today's Practice:
Think of one difficult situation in your life. Write down one small thing you can still be thankful for in the middle of it.

Day 7

Grateful for People Who Shape Us

"I thank my God every time I remember you."
Philippians 1:3

Reflection:
God often shows His love through people. Friends, family, mentors, and even those who challenge us all help shape our faith. Gratitude deepens when we take time to thank God for the people He has placed in our lives.

Prayer:
God, thank You for the people who have helped me grow. Give me the courage to express my gratitude to them and to You. Amen.

Today's Practice:
Send a message or write a note to someone who has made a difference in your life. Tell them why you're thankful for them.

Week 2 Introduction

Gratitude in Everyday Life



Gratitude isn't only found in worship or quiet moments with God. It shows up in the ordinary rhythms of life, in our work, our rest, our relationships, and even in the challenges that test us. When we begin to see every part of life as a gift, gratitude becomes less of a reaction and more of a way of living.

This week, we'll focus on finding gratitude in the everyday. We'll thank God for the work He gives us, the rest He provides, and the community that surrounds us. We'll look at how gratitude can grow even in trials, how it brings contentment, and how it reminds us that God's provision is always enough.

As you move through these next seven days, ask God to open your eyes to His presence in the ordinary places. Gratitude doesn't wait for perfect moments. It transforms the ones we already have.

Day 8

Gratitude for Work

"Whatever you do, work at it with all your heart,
as working for the Lord, not for human masters."
Colossians 3:23

Reflection:
Work can be tiring, but it is also one of the ways we reflect God's character. Whether your work happens at a desk, in a classroom, on a field, or at home, it is an opportunity to serve God and bless others. Gratitude grows when we see work as a calling, not just a chore.

Prayer:
Lord, thank You for the work You've given me. Help me to do it with joy and excellence as an offering to You. Amen.

Today's Practice:
Take a moment to thank God for your job or daily responsibilities. Ask Him to help you see purpose in them today.

Day 9

Thankful for Rest

"Come to me, all you who are weary and burdened, and I will give you rest."
Matthew 11:28

Reflection:
God not only calls us to work but also to rest. Rest is an act of trust that reminds us we are not in control. Gratitude grows when we stop striving long enough to recognize that God is holding all things together.

Prayer:
God, thank You for the gift of rest. Help me to slow down, breathe deeply, and find my peace in You. Amen.

Today's Practice:
Set aside ten quiet minutes to pause, breathe, and thank God for His presence.

Day 10

Gratitude in Provision

"And my God will meet all your needs according to the riches of his glory in Christ Jesus."
Philippians 4:19

Reflection:
God's provision may not always look like abundance, but it always looks like enough. Gratitude grows when we stop comparing what we have to what others possess and start seeing every good thing as a reminder of His care.

Prayer:
Father, thank You for meeting my needs. Help me trust that Your provision is always enough. Amen.

Today's Practice:
Write down three ways God has provided for you recently, even in small ways.

Day 11

Thankful for the Church

"Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together."
Hebrews 10:24–25

Reflection:
The church is more than a building. It is a family of believers walking together through life. Gratitude grows when we remember that God designed us to belong, to encourage one another, and to worship side by side.

Prayer:
Lord, thank You for my church family. Help me to show up, serve faithfully, and be a source of encouragement to others. Amen.

Today's Practice:
Send a message or note of encouragement to someone from your church today.

Day 12

Grateful for Creation

"The heavens declare the glory of God; the skies proclaim the work of his hands."
Psalm 19:1

Reflection:
Creation is a daily reminder of God's creativity and care. Every sunrise, every breeze, and every star in the sky declares His glory. Gratitude grows when we slow down long enough to notice His handiwork.

Prayer:
Creator God, thank You for the beauty that surrounds me. Open my eyes to see Your presence in the world You've made. Amen.

Today's Practice:
Spend a few minutes outside and thank God for something specific you see in nature.

Day 13

Gratitude that Grows Contentment

"I have learned to be content whatever
the circumstances."
Philippians 4:11

Reflection:
Contentment is not about getting everything we want. It's about trusting that what we have is enough because God is enough. Gratitude turns our hearts from striving to resting in His sufficiency.

Prayer:
Lord, help me to find contentment in You. Teach me to be grateful for what I have instead of longing for what I don't. Amen.

Today's Practice:
When you feel tempted to compare yourself to others, pause and thank God for one blessing in your own life.

Day 14

Thankful in Trials

"Consider it pure joy, my brothers and sisters,
whenever you face trials of many kinds."
James 1:2

Reflection:
Trials are rarely comfortable, but they often become the soil where faith grows. Gratitude in difficulty reminds us that God uses even the hard moments to strengthen and refine us.

Prayer:
God, thank You for being with me in the hard times. Help me to trust that You are working for my good, even when life is painful. Amen.

Today's Practice:
Think of one challenge you're facing right now and thank God for how He might use it to grow your faith.

Week 3 Introduction

Gratitude for God's Grace



As gratitude deepens, it begins to shift our focus from what's around us to what's within us. We start to see that every good thing flows from the grace of God. His grace saves us, sustains us, forgives us, and strengthens us. When we truly grasp how much grace we've received, gratitude becomes our natural response.

This week, we'll focus on the kind of gratitude that grows out of grace. We'll thank God for His forgiveness, His Word, His presence, and His transforming work in our hearts. We'll see that gratitude is not a reaction to perfect circumstances but a response to perfect love.

As you walk through these next seven days, ask God to remind you of His grace in new ways. Let each reflection draw your heart closer to Jesus, who has given us more than we could ever deserve.

Day 15

Gratitude for Forgiveness

"He does not treat us as our sins deserve or repay us according to our iniquities."
Psalm 103:10

Reflection:
When we truly understand forgiveness, gratitude overflows. God's mercy wipes away what we could never fix on our own. Every time we remember His forgiveness, we are reminded that His love is greater than our failure.

Prayer:
Father, thank You for forgiving me completely and freely. Help me live with the same grace toward others that You've shown to me. Amen.

Today's Practice:
Take a moment to thank God for His forgiveness, and if needed, forgive someone who has hurt you.

Day 16

Thankful for the Word

"Your word is a lamp for my feet, a
light on my path."
Psalm 119:105

Reflection:
God's Word reminds us of truth when our hearts forget. It gives us wisdom, direction, and hope. Gratitude grows when we realize that every page points us back to His faithfulness and love.

Prayer:
Lord, thank You for giving me Your Word. Help me not just to read it, but to let it guide and shape my life. Amen.

Today's Practice:
Spend five minutes reading Scripture aloud. Let the words remind you of God's character and promises.

Day 17

Gratitude for Family

"Clothe yourselves with compassion,
kindness, humility, gentleness and patience."
Colossians 3:12

Reflection:
Family is a gift that often stretches and strengthens us at the same time. Gratitude doesn't ignore the imperfections; it chooses to see the love and grace that hold us together.

Prayer:
God, thank You for the gift of family. Help me to be patient, kind, and grateful for the people closest to me. Amen.

Today's Practice:
Tell a family member you appreciate them and why. Small words of gratitude can make a big difference.

Day 18

Thankful for Friendship

"Perfume and incense bring joy to the heart,
and the pleasantness of a friend springs from
their heartfelt advice."
Proverbs 27:9

Reflection:
Friends remind us that we were never meant to walk through life alone. They laugh with us, cry with us, and point us back to truth when we forget it. Gratitude grows when we cherish the people who walk beside us.

Prayer:
Lord, thank You for the friends You've placed in my life. Help me to be the kind of friend who listens, encourages, and reflects Your love. Amen.

Today's Practice:
Reach out to a friend today. Let them know how much you value their presence in your life.

Day 19

Grateful for God's Presence

"You make known to me the path of life; you will fill me with joy in your presence."
Psalm 16:11

Reflection:
God's presence changes everything. We are never truly alone, no matter where we go or what we face. Gratitude grows when we pause long enough to remember that His Spirit is with us right now.

Prayer:
Father, thank You for always being near. Remind me today that Your presence is my greatest peace. Amen.

Today's Practice:
Take five quiet minutes to sit in silence and acknowledge God's presence with you.

Day 20

Gratitude for Grace

"My grace is sufficient for you, for my power is made perfect in weakness."
2 Corinthians 12:9

Reflection:
Grace meets us where we are, not where we wish we were. It reminds us that our weaknesses are not barriers to God's love but places where His strength can shine. Gratitude takes root when we rest in that truth.

Prayer:
Lord, thank You for Your grace that never runs out. Help me to rely on Your strength and not my own. Amen.

Today's Practice:
Write down one area of weakness and thank God for how His grace meets you there.

Day 21

Thankful for Growth

"He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful."
John 15:2

Reflection:
Growth often comes through pruning. God loves us too much to let us stay the same. Even when change feels uncomfortable, we can thank Him for shaping us into the image of Christ.

Prayer:
God, thank You for continuing to grow me. Give me the humility to be shaped and the faith to trust what You're doing in my life. Amen.

Today's Practice:
Reflect on an area where God has grown you recently. Thank Him for the process, not just the outcome.

Week 4 Introduction

Gratitude That Overflows



When gratitude takes root, it begins to overflow. It changes the way we speak, serve, give, and live. What started as thankfulness in our hearts becomes visible in our actions. Gratitude turns into generosity, worship, and love that reflect God's goodness to the world around us.

This final week will focus on gratitude that doesn't stay private. We'll explore how a thankful heart leads us to serve others, give freely, and live with peace and hope. Gratitude is meant to move beyond words. It becomes a way of life that points others to Jesus.

As you finish this journey, take time to look back on what God has done this month. Notice how your perspective has shifted and how your heart has softened. Gratitude doesn't end here. It continues each day we choose to see God's hand in our lives.

Day 22

Grateful for Service

"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."
1 Peter 4:10

Reflection:
Serving others is one of the clearest ways to express gratitude to God. When we give our time and energy for the good of someone else, we're acknowledging that everything we have is a gift from Him. Gratitude moves us to serve, not out of duty, but out of love.

Prayer:
Lord, thank You for giving me gifts to serve others. Help me use them faithfully and joyfully to bring You glory. Amen.

Today's Practice:
Find one way to serve someone today, whether through an act of kindness, encouragement, or help.

Day 23

Thankful for Generosity

"Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver."
2 Corinthians 9:7

Reflection:
Generosity flows from a grateful heart. When we realize how much God has given us, giving back becomes an act of joy rather than obligation. Gratitude helps us see that what we have was never meant to stay with us.

Prayer:
Father, thank You for every good gift You've placed in my hands. Teach me to give freely, just as You have freely given to me. Amen.

Today's Practice:
Do something generous today, no matter how small. Give your time, encouragement, or resources with joy.

Day 24

Gratitude for Jesus' Example

"Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet."
John 13:14–15

Reflection:
Jesus didn't just talk about humility and love; He lived it. Gratitude grows when we remember how He served others with compassion and grace. When we follow His example, we reflect His heart to the world.

Prayer:
Jesus, thank You for showing me what real love looks like. Help me to serve others with the same humility and care that You showed. Amen.

Today's Practice:
Do one small, humble act of service for someone without expecting anything in return.

Day 25

Thankful for Hope

"May the God of hope fill you with all joy and peace as you trust in him."
Romans 15:13

Reflection:
Hope is a steady anchor when life feels uncertain. Gratitude helps us remember that God's promises are still true, even when we can't see the outcome. Hope and gratitude often walk hand in hand.

Prayer:
God, thank You for being my source of hope. Fill me with peace and joy as I trust in You today. Amen.

Today's Practice:
Write down one area where you need renewed hope. Thank God for what He's doing, even before you see the answer.

Day 26

Gratitude for Community

"They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people."
Acts 2:46–47

Reflection:
Community reminds us that we're never meant to follow Jesus alone. Gratitude grows when we share life with others, celebrating, serving, and walking together through both joy and sorrow.

Prayer:
Lord, thank You for the community You've given me. Help me to be a person who encourages, includes, and builds others up. Amen.

Today's Practice:
Share a meal, a conversation, or a moment of encouragement with someone from your community this week.

Day 27

Thankful for God's Peace

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
Philippians 4:6–7

Reflection:
Peace doesn't come from the absence of problems but from the presence of God. Gratitude helps calm the noise within us and makes room for His peace to take root. When we pray with thanksgiving, worry begins to lose its power.

Prayer:
God, thank You for Your peace that guards my heart and mind. When anxiety rises, help me turn to You with a thankful heart. Amen.

Today's Practice:
When you feel stressed today, pause and thank God for something specific. Let gratitude shift your focus from worry to trust.

Day 28

Grateful for the Cross

"He forgave us all our sins, having canceled the charge of our legal indebtedness, which stood against us and condemned us."
Colossians 2:13–14

Reflection:
The cross is the ultimate picture of gratitude. Jesus paid the debt we could never repay and opened the way for us to live in freedom. Gratitude overflows when we remember what it cost Him to call us His own.

Prayer:
Jesus, thank You for the cross and for the love that held You there. Help me live each day in light of that sacrifice. Amen.

Today's Practice:
Spend a moment in quiet reflection at the end of your day, thanking Jesus for what the cross means to you personally.

Day 29

Gratitude That Overflows

"My cup overflows. Surely Your goodness and love will follow me all the days of my life."
Psalm 23:5–6

Reflection:
When gratitude fills our hearts, it begins to overflow into every part of our lives. It changes how we speak, how we see others, and how we respond to challenges. Gratitude is contagious. It inspires joy and hope in the people around us.

Prayer:
Father, thank You for filling my life with Your goodness. Help me live in a way that spreads gratitude wherever I go. Amen.

Today's Practice:
Look for an opportunity to speak encouragement or thanks to someone who might need it today.

Day 30

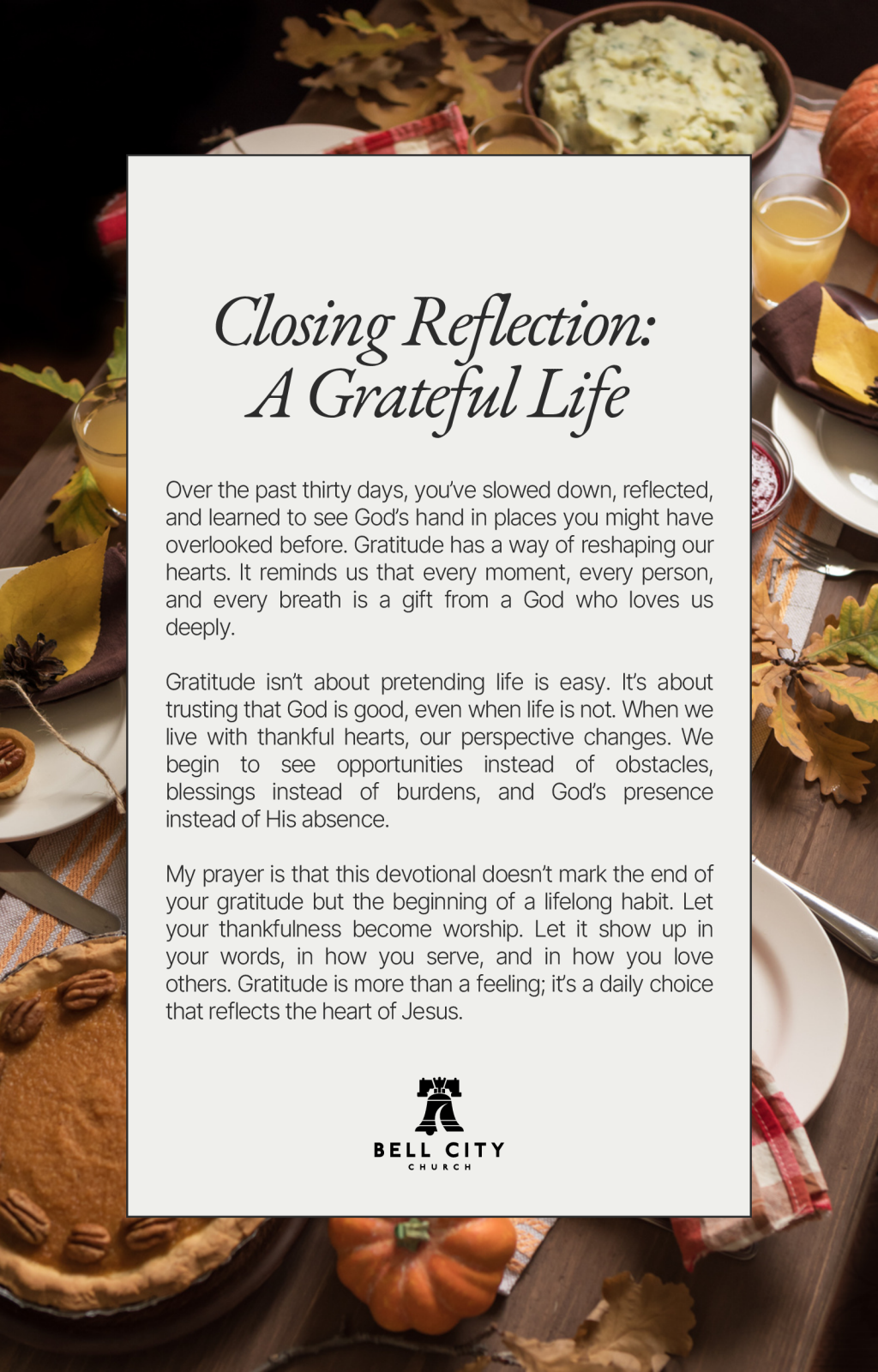
Living a Lifestyle of Gratitude

"And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."
Colossians 3:17

Reflection:
Gratitude isn't meant to be a month-long focus but a lifelong posture. It's a way of seeing, living, and loving that honors God. When we live with thankful hearts, we reflect Jesus in everything we do.

Prayer:
Lord, thank You for all You've done in my life. Teach me to carry a spirit of gratitude into every season and situation. Amen.

Today's Practice:
As this devotional ends, write down three ways you want to continue practicing gratitude in your daily life.



Closing Reflection: A Grateful Life

Over the past thirty days, you've slowed down, reflected, and learned to see God's hand in places you might have overlooked before. Gratitude has a way of reshaping our hearts. It reminds us that every moment, every person, and every breath is a gift from a God who loves us deeply.

Gratitude isn't about pretending life is easy. It's about trusting that God is good, even when life is not. When we live with thankful hearts, our perspective changes. We begin to see opportunities instead of obstacles, blessings instead of burdens, and God's presence instead of His absence.

My prayer is that this devotional doesn't mark the end of your gratitude but the beginning of a lifelong habit. Let your thankfulness become worship. Let it show up in your words, in how you serve, and in how you love others. Gratitude is more than a feeling; it's a daily choice that reflects the heart of Jesus.

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