

Thirty Days of Gratitude

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PetalsfromtheBasket.com

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Thirty Days of Gratitude

We should be grateful every day of every month.

Several years ago now, I began using the month of November to demonstrate either verbally or in writing my gratitude to those who have touched my life in some way. Don't get me wrong, I think we should be grateful every day of every month, but I think sometimes it's important to acknowledge it in either verbal or written form—partly for the sake of the one who may be wondering at that moment if what they have done or what they have taught you *really* mattered.

I did this little exercise in gratitude for many years and then sort of set it by the wayside until 2007. At that time, I decided to create a “gratitude spreadsheet” that others could use, and I posted it publicly so that we could encourage one another to focus our thoughts on our blessings. It has become an annual favorite for many of my friends. I would *love* for you to join us this year!

Thirty Days of Gratitude

Here's How It Works

Every day in the month of November (or any other thirty-day time period that you choose) has a page that will help you select someone who has impacted your life. Each day also includes a recommended set of five chapters from the Book of Psalms to help you read the entire book in thirty days. Additionally, there is a name, character quality, or action of God (taken from one of the five recommended chapters that day) on which to meditate with gratitude.

This is not about giving gifts, making fancy handmade cards, or giving empty flattery. It is about demonstrating gratitude with your heartfelt words! You can e-mail the recipient, call him or her, send the object of your gratitude a card that day, or talk to that individual in person. But I encourage you to do it *every day* in November—regardless of how much time you think you have. It takes mere seconds to say, “Thank you for the yummy cookies you bring me every year on Valentine’s Day. Your kindness encourages me and reminds me I am loved.” Then you hit *send*, lick the envelope, say good-bye, or give that person a hug, depending on your method of delivery!

I would also like to encourage you to take a brief moment to pray for the same person that day. You might want to make that part of your gratitude ritual too! If you don’t know someone in the listed category, go back and repeat a category from before—just choose a different person this time!

On the Petals from the Basket website, we have five styles of Christian greeting cards available for purchase in units of seven identical cards each. The cards are blank inside and are ideal for writing your notes of gratitude! (Click [here](#) to learn more about and purchase cards from The Card Store.)

Thank you for joining me this month as we observe **Thirty Days of Gratitude** together!

Day 1

Gratitude focus:

God (He deserves my first praise and my highest praise!)

Recommended reading:

Psalms 1, 31, 61, 91, and 121

Name or quality of God to gratefully meditate on:

The God of Truth (Psalm 31)

Day 2

Gratitude focus:

A friend who listens to and encourages me

Recommended reading:

Psalms 2, 32, 62, 92, and 122

Name or quality of God to gratefully meditate on:

My Rock (Psalm 92)

Day 3

Gratitude focus:

Someone over the age of 60 who has been an example to me

Recommended reading:

Psalms 3, 33, 63, 93, and 123

Name or quality of God to gratefully meditate on:

My Shield (Psalm 3)

Day 4

Gratitude focus:

A musician in my church (vocalist, director, accompanist, etc.)

Recommended reading:

Psalms 4, 34, 64, 94, and 124

Name or quality of God to gratefully meditate on:

Maker of Heaven and Earth (Psalm 124)

Day 5

Gratitude focus:

A school teacher who has made an impact on my life

Recommended reading:

Psalms 5, 35, 65, 95, and 125

Name or quality of God to gratefully meditate on:

My Maker (Psalm 95)

Day 6

Gratitude focus:

A widow or widower whose life is lived for God's glory

Recommended reading:

Psalms 6, 36, 66, 96, and 126

Name or quality of God to gratefully meditate on:

Worthy of Praise (Psalm 96)

Day 7

Gratitude focus:

A relative

Recommended reading:

Psalms 7, 37, 67, 97, and 127

Name or quality of God to gratefully meditate on:

Righteous (Psalm 7)

Day 8

Gratitude focus:

A single missionary whose life is dedicated to service

Recommended reading:

Psalms 8, 38, 68, 98, and 128

Name or quality of God to gratefully meditate on:

A Father to the Fatherless (Psalm 68)

Day 9

Gratitude focus:

A friend who has been a good example to me

Recommended reading:

Psalms 9, 39, 69, 99, and 129

Name or quality of God to gratefully meditate on:

A Refuge for the Oppressed (Psalm 9)

Day 10

Gratitude focus:

A coach/club leader/coworker who is a good leader

Recommended reading:

Psalms 10, 40, 70, 100, and 130

Name or quality of God to gratefully meditate on:

My Deliverer (Psalm 10)

Day 11

Gratitude focus:

A veteran of the US Armed Forces

Recommended reading:

Psalms 11, 41, 71, 101, and 131

Name or quality of God to gratefully meditate on:

Sovereign Lord (Psalm 71)

Day 12

Gratitude focus:

A store manager or clerk that is especially helpful

Recommended reading:

Psalms 12, 42, 72, 102, and 132

Name or quality of God to gratefully meditate on:

My Savior (Psalm 42)

Day 13

Gratitude focus:

A friend or missionary living in another country

Recommended reading:

Psalms 13, 43, 73, 103, and 133

Name or quality of God to gratefully meditate on:

Compassionate (Psalm 103)

Day 14

Gratitude focus:

A relative

Recommended reading:

Psalms 14, 44, 74, 104, and 134

Name or quality of God to gratefully meditate on:

Great (Psalm 104)

Day 15

Gratitude focus:

A person I have met within the past year

Recommended reading:

Psalms 15, 45, 75, 105, and 135

Name or quality of God to gratefully meditate on:

Good (Psalm 135)

Day 16

Gratitude focus:

A friend from my neighborhood or community

Recommended reading:

Psalms 16, 46, 76, 106, and 136

Name or quality of God to gratefully meditate on:

My Strength (Psalm 46)

Day 17

Gratitude focus:

A parent or grandparent

Recommended reading:

Psalms 17, 47, 77, 107, and 137

Name or quality of God to gratefully meditate on:

He performs miracles (Psalm 77)

Day 18

Gratitude focus:

A church volunteer (nursery worker, greeter, teacher, etc.)

Recommended reading:

Psalms 18, 48, 78, 108, and 138

Name or quality of God to gratefully meditate on:

He lives (Psalm 18)

Day 19

Gratitude focus:

A community worker (mayor, postal worker, police officer, etc.)

Recommended reading:

Psalms 19, 49, 79, 109, and 139

Name or quality of God to gratefully meditate on:

My Creator (Psalm 139)

Day 20

Gratitude focus:

A child who works hard or is consistently respectful

Recommended reading:

Psalms 20, 50, 80, 110, and 140

Name or quality of God to gratefully meditate on:

The Mighty One (Psalm 50)

Day 21

Gratitude focus:

A relative

Recommended reading:

Psalms 21, 51, 81, 111, and 141

Name or quality of God to gratefully meditate on:

Awesome (Psalm 111)

Day 22

Gratitude focus:

A friend from my church or Bible study group

Recommended reading:

Psalms 22, 52, 82, 112, and 142

Name or quality of God to gratefully meditate on:

My Portion (Psalm 142)

Day 23

Gratitude focus:

A manual laborer whose skills have blessed my life

Recommended reading:

Psalms 23, 53, 83, 113, and 142

Name or quality of God to gratefully meditate on:

My Shepherd (Psalm 23)

Day 24

Gratitude focus:

A vocational Christian worker (teacher, pastor, etc.)

Recommended reading:

Psalms 24, 54, 84, 114, and 144

Name or quality of God to gratefully meditate on:

King of Glory (Psalm 24)

Day 25

Gratitude focus:

An author or writer whose work I enjoy reading

Recommended reading:

Psalms 25, 55, 85, 115, and 145

Name or quality of God to gratefully meditate on:

Gracious (Psalm 145)

Day 26

Gratitude focus:

A teacher or mentor

Recommended reading:

Psalms 26, 56, 86, 116, and 146

Name or quality of God to gratefully meditate on:

Forgiving and Good (Psalm 86)

Day 27

Gratitude focus:

A teen who consistently tries to make good choices

Recommended reading:

Psalms 27, 57, 87, 117, and 147

Name or quality of God to gratefully meditate on:

My Light (Psalm 27)

Day 28

Gratitude focus:

A friend from the past (childhood, high school, college)

Recommended reading:

Psalms 28, 58, 88, 118, and 148

Name or quality of God to gratefully meditate on:

My Helper (Psalm 118)

Day 29

Gratitude focus:

A relative

Recommended reading:

Psalms 29, 59, 89, 119, and 149

Name or quality of God to gratefully meditate on:

My Loving God (Psalm 59)

Day 30

Gratitude focus:

The neighbor, friend, or family member of my choosing

Recommended reading:

Psalms 30, 60, 90, 120, and 150

Name or quality of God to gratefully meditate on:

My Dwelling Place (Psalm 90)

Recommended Resources

The links on this page are affiliate links, meaning that I receive a small fee for “advertising” these books—at no additional cost to you and only because I really think they’re great resources! These resources will provide further learning and guidance related to living a life of gratitude.

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Choosing Gratitude

by Nancy Leigh DeMoss

The In-Between

by Jeff Goins

Relationships: A Mess Worth Making

by Timothy Lane & Paul David Tripp

Remember to check out the Christian Greeting Cards available from “The Card Shop” on our website:

[Christian Greeting Cards from “Ed G. Biv” card designs](#)

About the Author and Petals from the Basket

Brenda L. Strohbehn

Brenda's love for writing and editing started in high school while she was writing for her school newspaper. With a major in Music Education and a minor in English, she graduated with a Bachelor of Science degree from a small, Christian liberal arts university. Brenda has written, proofread, and edited numerous brochures, e-mail blitzes, newsletters, and website articles and is a writer and editor in the field of print, digital and e-book publishing. She has written and created an online course for Wedding Coordinators, and she assists Brides through blog posts and resources at OrganizedBride.info. Brenda has published a bride's planning manual and numerous blog posts and short articles, and through her work as a freelance editor, she has completed writing and editing assignments for communications firms, businesses, websites, churches, schools, colleges, and numerous authors.

Petals from the Basket (PetalsfromtheBasket.com)

The baskets of our lives are filled with petals from work, family, special events, hobbies, and much more! I believe that each petal—even the wilted ones—can represent blessings that God gives us through each season of life. My desire is that as I open my heart and transparently share ideas and resources for everyday Christian living via PetalsfromtheBasket.com, I will be able to point to the fact that the baskets of our lives are lovingly woven with the Weaver's touch and filled with His chosen petals. Thank you for joining me on this journey!

The background is a solid orange color with a pattern of various leaf and petal shapes in a slightly darker shade of orange, scattered across the surface.

Thank you!

Brenda Strohbehn

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