

*Love* the life you live!

30 Days  
*of*  
Thankful  
Prayer



by Amanda Carroll

# 30 Days of Thankful Prayer

*by Amanda Carroll*

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If you focus on what you don't have, you will never be happy. If you are thankful for what you do have, you will love the life you live. The secret to loving the life you live is to take account of all of the beautiful things you have in your life, and ignore the rest.

I would love you would come on a journey with me, this month, to reflect on all that God has already provided for You. I encourage you to celebrate it. If you'd like make lists every day in the open journaling area of what he has done for you.

At the end of this journey, my prayer is that you will see how wonderful your life is, and see a history of God's help and provision in your life. It just might encourage you to take that next step forward to create an even better life.

*“God dwells in the praises of His people, and where he dwells, there is strength.” ~ Psalm 22:3*

Your thankfulness, might be just the thing that gives You the strength to move forward into the life that God has called you to live.



Amanda Carroll

Host of the Amanda Carroll Show

[www.AmandaCarroll.org](http://www.AmandaCarroll.org)

# 30 Days of Thankful Prayer

## Day 1: Faithful Love

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*“He redeems your life from the Pit; He crowns you with faithful love and compassion.” ~ Psalm 103:4 CSB*

*“If I say, ‘My foot is slipping,’ Your faithful love will support me, Lord.” ~ Psalm 94:18 CSB*

**F**ather, today I give thanks that Your faithful love endures forever! You have rescued us, from our enemies, and redeemed us from our foes (and ourselves). Even when we have rebelled against You, You still save us! (Psalm 106) Thank you Father, for never giving up on me.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 2: Grace

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*“And God is able to make every grace overflow to you, so that in every way, always having everything you need, you may excel in every good work.” ~ 2 Corinthians 9:8 CSB*

*“Now the God of all grace, who called you to His eternal glory in Christ Jesus, will personally restore, establish, strengthen, and support you after you have suffered a little.” ~ 1 Peter 5:10*

**F**ather, thank you for Your Grace! Help us to accept this unmerited favor, and apply Your ability to do in us what we cannot do in our lives. Help us to walk each day just as we did the moment when we accepted Your gift of salvation – by grace through faith. (Colossians 2:6-7)

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 3: You Carry Us

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*“Come to Me, all of you who are weary and burdened, and I will give you rest.” ~ Matthew 11:28 CSB*

*“Casting all your care upon Him, because He cares about you.”  
~ 1 Peter 5:7 CSB*

**F**ather, thank you for being the One we can lay all our burdens on! Thank you for carrying them, so we can walk lightly. Help us not to be filled with anxiety about anything, but with thankful hearts carry our requests to You allowing Your peace to guard our hearts and minds through Christ Jesus. (Philippians 4:6-7) Oh help us trust you more.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 4: Rescue

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*“Lord, I seek refuge in You; let me never be disgraced. Save me by Your righteousness. Listen closely to me; **rescue me quickly**. Be a rock of refuge for me, a mountain fortress to save me. For You are my rock and my fortress; You lead and guide me because of Your name.” ~ Psalm 31:1-3*

**G**od, Thank you for rescuing us from our distress! Help us never forget all the ways You have provided for us in the past, so we will remember You will do it again, in the future.

Help us to come boldly before Your throne of grace knowing that You are always ready to offer help in time of need. (Hebrews 4:16)

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 5: People

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*“I give thanks to my God for every remembrance of you, always praying with joy for all of you in my every prayer.”*

*~ Philippians 1:3-4 CSB*

**L**ife is not about the stuff we are accumulating that fills up our closets, but the people that fill up the seats around our dinner table.

Father, I am beyond thankful for the family and friends You have put in my life that sit at my table, eat all my food, and fill my home with laughter. us to never take our family and friends for granted. Help us to find ways to show them how grateful we are for their love and support.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 6: Peace

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*“Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.” ~ Romans 5:1 CSB*

*“And let the peace of the Messiah, to which you were also called in one body, control your hearts. Be thankful.” ~ Colossians 3:15 CSB*

**F**ather, we are thankful that You are at PEACE with us. You are not distant, and angry, but You are the complete expression of love. (1 John 4:10) Oh God, help us to be confident in this promise today, and be at PEACE with ourselves too.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 7: Jealous Love

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*“For I am persuaded that neither death nor life, nor angels nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing will have the power to separate us from the love of God that is in Christ Jesus our Lord!” ~ Romans 8:35, 38-39 CSB*

**F**ather, thank you for your never-ending, unstoppable, always and forever love! For Your Word says, “The Lord your God is a devouring fire; he is a jealous God.”(Deut. 4:24). Help us to wrap our brains around this thought that You want our undivided attention. Oh God, help us to remember that you deserve it.

Help us to remember, that your love for us is completely unconditional. There is nothing that we did to earn or deserve it, and there is nothing we can do to make you love us less. Let Your deep, pursuing love make us secure in You and drive us to love you first and most.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 8: Dreams

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*“Take delight in the Lord, and He will give you your heart’s desires.  
Commit your way to the Lord; trust in Him, and He will act, making your  
righteousness shine like the dawn, your justice like the noonday.”  
~ Psalm 37:4-6 CSB*

**F**ather, thank you for making us dreamers. Thank you for not only **planting those dreams on our minds**, but also for promising to help them come to pass! (Philippians 2:13) Since You are the creator of every plant, every person, and every planet; today we ask for Your help in creating the life we dream about. Your word says, “Everything was created through him; nothing - not one thing! - came into being without him.” - John 1:3 (Message)

Lord, we ask for Your help then in creating the life we dream about. Remind us, it is NOT out of reach! **We just have to stop trying to create it ourselves, and allow Your pen to do it’s work in us.** God, restore our relationships, bring us opportunities to fulfill our dreams, and help us make a bigger difference for You! Let us see our lives as Your art.

- In Jesus Name, Amen



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## Day 9: Hope

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*“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”*

*~ Romans 15:13 CSB*

**F**ather, thank you for being our source of hope. Help us to set our hope (confident expectation) completely in the grace that awaits us in heaven with You. (1 Peter 1: 13) Help Your children to apply Your HOPE to all the things we're worried about, confused about, and unsure what to do about it. Then, instead of expecting calamity, we can expect blessings knowing that you have promised to work out every single circumstance in our life for good to make us more like Jesus. (Romans 8:28-29; 1 Peter 1:3-8) We hope in You because You have told us that nothing can separate us from Your love (Romans 8:35-39), and You will complete the work you began in us (Philippians 1:6) and make every wrong right one day.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 10: Strength

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*“But He said to me, ‘My grace is sufficient for you, for power is perfected in weakness.’ Therefore, I will most gladly boast all the more about my weaknesses, so that Christ’s power may reside in me... For when I am weak, then I am strong.”*

*~ 2 Corinthians 12:9-10b CSB*

**F**ather, remind us today what we can conquer when we rely on Your strength instead of our own! Thank you! For if “David triumphed over Goliath with only a sling and a stone, for he had no sword.” (1 Samuel 17:50) What is it that we can triumph over by relying on You? Oh God, give us David’s perspective on our Goliath’s in life.

Take what we think are weaknesses and defeats and remind us that we have the same power and strength available to us that David did to conquer them. Lord, remind us that we can triumph too!

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 11: You Get Us Through

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*“Even when I go through the darkest valley, I fear no danger, for  
You are with me; Your rod and Your staff—they comfort me.”*

*~ Psalm 23:4 CSB*

**F**ather, thank you for always providing a way out. Please help us see the beautiful that you have waiting for us on the other side of the brutal. Oh Lord, remind us today that You don't put us in the dark valley and you don't leave us there either! You get us THROUGH it while comforting us in the process. We imagine you taking us by the hand and saying, “Come on my child, let's get you out of this, I've got something great on the other side that will reward you for obeying Me.”

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 12: Multiplication

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*“And God is able to make every grace overflow to you, so that in every way, always having everything you need, you may excel in every good work... For the ministry of this service is not only supplying the needs of the saints, but is also overflowing in many acts of thanksgiving to God.*

**F**ather, I am so amazed and thankful for Your power to multiply our meager possessions. For if Your Son can take a little boy’s lunch and feed thousands (Mark 6:41-44), I wonder what You can do with the storehouses that we have.

Teach us to do as Jesus did, and take our possessions, our pantries, and our bank accounts, and lift them up toward heaven. We ask for Your blessing to multiply them. God, we don’t ask this to “feed” ourselves, but to “feed” Your hungry people.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 13: Abundance

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*“A thief comes only to steal and to kill and to destroy. I have come that they may have life and have it in abundance”*

*~ John 10:10 CSB*

*“This is eternal life: that they may know You, the only true God, and the One You have sent-Jesus Christ.” ~ John 17:3 CSB*

**G**od, today I am thankful for Your promise of an ABUNDANT life. Oh Lord help us to move beyond a “survivalist” mentality, and into the ABUNDANT life You have called us to!

Father, show us the ways we can enjoy our lives more not through temporary entertainment or fleeting possessions, but through knowing and enjoying Jesus Christ more each day. Show us the abundance that You have already provided through Christ, and help it to overflow on those around us.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 14: Answered Prayers

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*“But for you, O LORD, do I wait; it is you, O Lord my God,  
who will answer.” ~ Psalm 38:15 CSB*

*“Your Father knows the things you need before you ask Him.”  
~ Matthew 6:8b*

**F**ather, thank You for answering the prayers that we haven't even had the guts to ask You for. I am struck with deep appreciation that You are a gracious and loving father that provides for us things we don't even realize that we need; and withholds the things we think we need, but You know will harm us.

Lord, help us to see the evidence of this in our life! Forgive us for begging for the wrong things, and help us to...well...just shut up and trust You.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 15: Happiness

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*“Don’t be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus.”*

*~ Phillipians 4:6-7 CSB*

**F**ather, thank you for loving us so much that You give us Your joy! Lord, show us how to be happy. Not the kind of happy because everything is going right in our lives, but **the kind of happy in spite of what is going on in our lives.** Show us how to live the way You want us to. Giving You all of our troubles and worries so we can enjoy the joy, peace, and love that You promise. Breathing out the anxiety, breathing in the happy!

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 16: Safe Harbor

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*“Only God is my rock and my salvation— my stronghold!—I will not be shaken. My deliverance and glory depend on God. God is my strong rock. My refuge is in God.” ~ Psalm 62:6-7 CSB*

**F**ather, thank you for being the one we can run to when we are scared. You are our safe harbor. Lord, help us to stop “muscling it out on our own!” Today we surrender all of our weakness and fear to You. OH today we need that granite strength and safe harbor Lord!

We don't want to question whether or not You can help care about our daily lives, rescue us, and comfort us. **WE want to KNOW that You will because we've built up a history of relying on You completely.** Increase our FAITH!! I am Yours.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 17: Transformation

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*“Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.” ~ Romans 12:2 CSB*

**F**ather, thank you for the transformation that you have performed in our lives! Help us to never forget. I’m so thankful that you don’t treat us like banks do!

We are not judged by a score that represents the amount of financial mistakes or successes we’ve had. Through the gift of Your son, we have a perfect score! Help us to see ourselves that way! Father, transform us into people that are not stuck on our past, but free to pursue our full potential with you.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 18: Helpers

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*“...comfort the discouraged, help the weak, be patient with everyone.” ~ 1 Thessalonians 5:14b CSB*

**O**h Lord, today I am so thankful when I was paralyzed by fear of the future and regret for the past that You sent people in my path to carry me back to You. Thank you for the helpers.

Father, today I am grateful for the people that You have put in our lives to “carry our cot”. Lord, I think about the paralyzed man, who had four friends that carried his cot and lowered him down to Jesus. You forgave his sins first, and then told him to arise, and toss away his cot and walk home! You have sent those “cot carriers” to us. Help us to recognize them, thank them, and then be a “cot carrier” for someone else. **I don’t want to be good at accumulating more stuff to fill up my temporary house on earth! God, I want to be successful at accumulating more people to fill up your house, for eternity.**

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 19: New Life

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*“But God, who is abundant in mercy, because of His great love that He had for us, made us alive with the Messiah even though we were dead in trespasses. By grace you are saved!”*

*~ Ephesians 2:4-5 CSB*

**F**ather, thank you for breathing new life into our dry bones. Oh Lord when we feel like a wrung out old rag from life, feeling depleted, remind us what You have done and can do. You used the same power that raised Jesus Christ from the dead to give us new life in You! We are no longer dead in sin, but are alive in Christ now and forever! Help us not to live like dead people, but live in newness of life each day with the strength that You alone give us.

This is what the Sovereign Lord says: “Look! I am going to put breath into you and make you live again!” (Ezekiel 37:5)

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 20: Perspective

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*“Keeping our eyes on Jesus, the source and perfecter of our faith, who for the joy that lay before Him endured a cross and despised the shame, and has sat down at the right hand of God’s throne. For consider Him who endured such hostility from sinners against Himself, so that you won’t grow weary and lose heart.”*  
~ Hebrews 12:2-3 CSB

**F**ather, thank you for the perspective that comes after the struggle. Sometimes I feel like that lowly little caterpillar with no clue about what her future holds. She goes to hide inside a cocoon. When she finally feels the need to start struggling to squirm her way out, she realizes she’s changed into a butterfly, and can fly!

“In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead” (1 Peter 1:3b)

Oh Lord, help us to not quit, to keep struggling so we can keep flying.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 21: Rest

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*“Return to your rest, my soul, for the Lord has been good to you.  
For You, [Lord,] rescued me from death, my eyes from tears, my  
feet from stumbling.” ~ Psalm 116:7-8 CSB*

**F**ather, thank you for promising us real REST! The kind of rest that is not just a good night's sleep, but relief for our burdened hearts, and our troubled souls.

As Your word says: “Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” - Matthew 11:29-30

Oh God, relieve us of our fear, worry, and doubt. Today, show us the way to find real rest for our soul.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 22: Not Counting Up Our Sins

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*“As far as the east is from the west, so far has He removed our transgressions from us.” ~ Psalm 103:12 CSB*

**F**ather, thank You for never defining us by our past mistakes or so-called limitations! So, why do we? Thank you for defining us only as Your child. That's it. (Romans 8:15-17)

Oh Lord, help us to look in the mirror and be thankful for the way You see us instead of clouded by the mistakes we remember! For You don't count up our sins, why do we?

Father, “let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.” - Hebrews 12:1

Father, I run with hope, I run towards my dreams, I run to You.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 23: Forgiveness

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*“He has rescued us from the domain of darkness and transferred us into the kingdom of the Son He loves, in whom we have redemption, the forgiveness of sins.” ~ Colossians 1:13-14 CSB*

**F**ather, thank you for your scandalous forgiveness! Please remind me today that Your forgiveness is for everyone. It's for bad guys and good guys, mean girls and nice girls, and even for messed up me.

It's right there in Your word, “Christ's one act of righteousness brings a right relationship with God and new life for everyone.” (Romans 5:18) It's not just the perfect people who have it all together, but for the messes too. I might be a mess, but I'm Your mess.

Father, let today be the beginning of something new. I believe that Your son died for my sins, and because of that I am forgiven. I understand now that there's nothing I can do to get you to love me any more or any less. Father, help me to forgive myself. Help me to have a fresh new start.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 24: Cleaning Up Our Mess

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*“So I say to you, keep asking, and it will be given to you. Keep searching, and you will find. Keep knocking, and the door will be opened to you. 10 For everyone who asks receives, and the one who searches finds, and to the one who knocks, the door will be opened.” ~ Luke 11:9-10 CSB*

**F**ather, thank you for being the kind of God that we can come to when not everything is perfect. Well, let's be honest, when everything is a complete mess. We can come to you begging, screaming, and pouring out our soul!

Today, let us follow the example of Hannah in the Bible who said, “I was pouring out my soul to the Lord.” (1 Samuel 15b). She had the guts to take her pity party and whining to the feet of the One that could actually do something about it. She desperately desired a son and through her tears begged God. God, let us be brave enough to POUR OUT OUR SOUL like Hannah and ask for the one thing that we desire more than anything else.

She prayed, “Oh Lord, Almighty if you will only look upon your servant's misery and remember me and not forget your servant, but give her a \_\_\_\_\_, then I will give him (it) to the Lord for all the days of his life. - 1 Samuel 1:11

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 25: Meeting Needs

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*“And my God will supply all your needs according to His riches in glory in Christ Jesus.” ~ Philippians 4:19 CSB*

**F**ather, thank you for seeing value in us! Thank you for the promise that You will take care of every physical and emotional need.

For You say, “Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? Can all your worries add a single moment to your life?” - Matthew 6:26

Oh Lord, help us to stop focusing on what we don’t have, and begin to cherish what You have already provided!

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 26: Making it Personal

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*“The doorkeeper opens it for him, and the sheep hear his voice. He calls his own sheep by name and leads them out.” ~ John 10:3 CSB*

**F**ather, thank you for be a personal kind of God. So intimate in your relationship with us that You call us by name. During those moments when we can't stop thinking about how afraid we are, remind us of this promise.

“Lord, You have searched me and known me. You know when I sit down and when I stand up; You understand my thoughts from far away. You observe my travels and my rest; You are aware of all my ways. Before a word is on my tongue, You know all about it, Lord. You have encircled me; You have placed Your hand on me. [This] extraordinary knowledge is beyond me. It is lofty; I am unable to [reach] it... For it was You who created my inward parts; You knit me together in my mother's womb. I will praise You, because I have been remarkably and wonderfully made. Your works are wonderful, and I know [this] very well.” - Psalm 139:1-6, 13-14

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 27: Never Giving Up

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*“Love is patient; love is kind. Love does not envy; is not boastful; is not conceited; does not act improperly; is not selfish; is not provoked; does not keep a record of wrongs; finds no joy in unrighteousness, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Love never ends.”*

*~ 1 Corinthians 13:4-8 CSB*

**F**ather thank you for NEVER giving up on us. Family might fail us, friends might abandon us, but You endure through every circumstance.

Lord, since You are the source and perfect expression of love (1 John 4:7-8); we know that YOU never give up us, YOU never lose faith in us, YOU are always hopeful, and YOU endure.

God, help us experience that perfect love today, and make it more than enough to cover any heartbreak.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 28: Comfort

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*“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort. He comforts us in all our affliction, so that we may be able to comfort those who are in any kind of affliction, through the comfort we ourselves receive from God.” ~ 2 Corinthians 1:3 CSB*

**F**ather, thank you for providing us with everlasting comfort. Everything else is just a big fake. Forgive us for looking other places to find comfort. Food, shopping, friends, and family are just a temporary fix. They replace what we really need, a deep connection to You.

Lord, hold us! Please wrap Your loving arms around us and make all the pain just go away.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 29: Change

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*“Turn Your face away from my sins and blot out all my guilt. God, create a clean heart for me and renew a steadfast spirit within me. Do not banish me from Your presence or take Your Holy Spirit from me. Restore the joy of Your salvation to me, and give me a willing spirit.” ~ Psalm 51:9-12 CSB*

**F**ather, thank you for being the one that can change us. We can try diets, new exercises, or ten-step plans for a better life, but surrendering to You is the only thing that will last.

Help us to celebrate the change you have made in our lives, instead of constantly feeling guilty for our mistakes. That’s not the way to live! No more head down, woe is me attitude! Give us a chin up, grateful attitude for how much you LOVE us in spite of ourselves!

Lord, restore our JOY! Remind us of the exhilaration we felt when we began a relationship with you.

- In Jesus Name, Amen



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# 30 Days of Thankful Prayer

## Day 30: Boldness

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*“I assure you: The one who believes in Me will also do the works that I do. And he will do even greater works than these, because I am going to the Father. Whatever you ask in My name, I will do it so that the Father may be glorified in the Son. If you ask Me anything in My name, I will do it.” ~ John 14:12-14 CSB*

**F**ather, thank you for having our back and promising that we can do anything if we ask for it in Your name. Oh Father, today help us to be BOLD. We don't allow our prayers to be big enough. Maybe we're scared or embarrassed to ask for what we REALLY need and want. But, you know it all anyway Lord.

So today, we pray the BIG prayer. God, we want to dream and do the things You have created for us to do. What is it God? We are here, Your willing servant, submitting to You knowing that Your plan is bigger and better than our own. Give us the guts to keep asking for what You want in our lives, and give us the courage to actually do it!

- In Jesus Name, Amen



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