

SHIFT STUDENT MINISTRY

GRATEFUL

*Not because life is **perfect**,
but because God is **faithful**.*

2026 / 2027

Year at a Glance

Weeks 1-8 (Sep 13 - Nov 1)	PSALMS — Honesty, praise, remembrance, and learning to be grateful even in the hard parts
Weeks 9-13 (Nov 8 - Dec 20)	RUTH — Faithfulness, redemption, and showing up when it costs something
Christmas Bonus (Dec 25)	A personal touchpoint for the quiet moments of Christmas
Weeks 14-19 (Jan 10 - Feb 28)	PHILIPPIANS — Joy in hard places, humility, contentment, and filtering your mind
Weeks 20-24 (Mar 7 - Apr 11)	EPHESIANS — Identity, purpose, walking worthy, and the armor of God
Easter Bonus (Apr 5)	A personal touchpoint for resurrection Sunday
Weeks 25-29 (Apr 18 - May 30)	JAMES — Faith that moves, the tongue, drawing near, patience, and perseverance

GRATEFUL

Gratitude Starts With Noticing

PSALMS

■ SCRIPTURE CHALLENGE

Day 1

Psalm 8:1-4 (ESV)

David looked up at the sky and was overwhelmed that God noticed him. What's something you've walked past a hundred times that you've stopped actually seeing? Look at it today like it's the first time.

Day 2

Psalm 8:5-9 (ESV)

The same God who hung the stars knows your name. That's not a small thing. Sit with that for a minute today.

Day 3

Psalm 9:1-2 (ESV)

David says he'll give thanks with his whole heart — not half of it, not the good parts. What would full-hearted gratitude look like from you today, even if things aren't great?

Day 4

Psalm 9:9-10 (ESV)

This is the whole theme in two verses. God isn't faithful because life is easy. He's faithful because He's never once walked away from someone who sought Him. Including you.

Day 5

Re-read all four passages from this week.

What's one thing from this week you want to carry into the weekend? Write it somewhere you'll see it — right here in this booklet, your phone lock screen, a sticky note, your mirror.

PRAYER CHALLENGE

This week: **Write it out.**

Grab a piece of paper, a sticky note, your journal — or write it right here in this booklet. Start with this line:

"God, I don't always feel grateful, but I know you are faithful because..."

Finish it. Be honest. He can handle it.

Digital copy? Use your notes app, a sticky note, your mirror. Don't skip this — the act of writing it changes something.

GRATEFUL LIVING CHALLENGE

- ☐ **Level 1 — NOTICE** Tell someone specifically why you're grateful for them. Not just "thanks" — tell them what they actually mean to you.
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GRATEFUL

Grateful in the Hard Parts

PSALMS

■ SCRIPTURE CHALLENGE

Find 10–15 quiet minutes for this one.

Psalm 13:1-6 (ESV)

Six verses. Four of them are a complaint. Two of them are praise. David doesn't pretend everything is fine — he tells God exactly how hard things are. And then, in the same breath, he chooses gratitude anyway. Not because things got better. Because God didn't change.

That's the whole year in one psalm: *Grateful. Not because life is perfect, but because God is faithful.*

What's your "how long, Lord?" right now? What are you waiting on, struggling with, exhausted by? Write it down right here in this booklet, in your notes app, on a sticky note — and then write what you still know to be true about God underneath it.

▣ PRAYER CHALLENGE

This week: **Pray for someone by name.**

Think of someone in your life who is in their own "how long, Lord?" season — someone struggling, hurting, waiting. Pray for them every day this week. Not a quick "God bless them" — a real, specific prayer for what they actually need.

Bonus: Tell them you're praying for them. You don't have to share details — just let them know they're not alone.

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GRATEFUL

Remembering What God Has Done

PSALMS

■ SCRIPTURE CHALLENGE

Day 1

Psalm 77:11-12 (ESV)

Gratitude has a memory. The writer Asaph is having a hard night — but he fights back by choosing to remember. What has God done in your life that you've started to forget?

Day 2

Psalm 77:13-15 (ESV)

"What god is as great as our God?" — How would you answer that in your own words, from your own life? Not a Sunday school answer. A real one.

Day 3

Psalm 103:1-5 (ESV)

"Forget not all his benefits." This is a command — because forgetting is our default. Today, list three specific things God has done for you. Not generic. Specific.

Day 4

Psalm 103:8-12 (ESV)

He does not treat us as our sins deserve. If gratitude ever feels hard to access, come back to this verse. This is the floor of it. This is why.

Day 5

Psalm 103:17-18 (ESV)

"From everlasting to everlasting." God's faithfulness isn't new — and it won't run out. How does knowing His love has no beginning or end change how you face what's ahead of you right now?

▣ PRAYER CHALLENGE

This week: **Pray a Psalm.**

Pick one of this week's passages and pray it back to God in your own words. Swap out "your people" for your own name. Make it personal. Speak it out loud if you can — or write it right here in this booklet.

Read it out loud in your car, your room, your shower. Speak the words — don't just read them silently. There's something different about hearing your own voice say what's true.

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GRATEFUL

When Praise Feels Like a Choice

PSALMS

■ SCRIPTURE CHALLENGE

Day 1

Psalm 34:1-3 (ESV)

"I will bless the Lord at all times." Not sometimes. Not when things are good. At all times. What does it look like to praise God on a hard day?

Day 2

Psalm 34:4-7 (ESV)

David wrote this psalm after pretending to be insane to escape his enemies. Not exactly a highlight moment — and yet he praises. What does that say about where praise comes from?

Day 3

Psalm 34:8 (ESV)

"Oh, "taste" and see that the Lord is good!" This isn't a concept — it's an invitation. What's one way you've personally "tasted" God's goodness this week?

Day 4

Psalm 34:15-18 (ESV)

He is close to the brokenhearted. Not far away. Not watching from a distance. Close. How does that change how you pray today?

Day 5

Psalm 34:19 (ESV)

"Many are the afflictions of the righteous, but the Lord delivers him out of them all." This verse doesn't promise an easy life — it promises a faithful God. Sit with the difference.

▣ PRAYER CHALLENGE

This week: **Pray out loud.**

Find a moment alone — your car, your room, your morning — and pray out loud. Not whispered. Actually out loud. Talk to God like you'd talk to someone sitting across from you. If it feels awkward, that's okay. Do it anyway.

Set a reminder on your phone for a specific time each day this week. When it goes off — pray. Out loud. Right then.

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GRATEFUL

Gratitude When You're Worn Out

PSALMS

■ SCRIPTURE CHALLENGE

Find 10–15 quiet minutes for this one.

Psalm 46:1-11 (ESV)

"God is our refuge and strength, a very present help in trouble." Not a distant help. A very present one.

The psalm moves from chaos — earthquakes, roaring waters, nations in uproar — to one quiet command: "Be still, and know that I am God."

You can't manufacture stillness. But you can choose it. Even for five minutes today.

What is making the most noise in your life right now? What would it look like to bring that to God and just... be still?

▣ PRAYER CHALLENGE

This week: **Silence.**

Set a timer for five minutes. No phone, no music, no words — just sit quietly before God. If your mind wanders, bring it back. This is harder than it sounds. Do it every day this week.

Write one word after each time you do it — whatever comes up.

Mon: _____ Tue: _____ Wed: _____ Thu: _____ Fri: _____

Use the timer on your phone. Put it face down. Five minutes. Every day.

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GRATEFUL

Honest With God

PSALMS

■ SCRIPTURE CHALLENGE

Day 1

Psalm 22:1-2 (ESV)

"My God, my God, why have you forsaken me?" Jesus quoted this from the cross. David wrote it in his darkest moment. God is big enough for your most honest questions. What question have you been afraid to bring to Him?

Day 2

Psalm 22:3-5 (ESV)

Even in his despair, David anchors himself in history — "In you our fathers trusted; they trusted, and you delivered them." What stories of God's faithfulness have been passed down to you? From your family? Your church?

Day 3

Psalm 22:9-11 (ESV)

"Yet you are he who took me from the womb." Long before David could choose God, God was already at work. How far back can you trace God's hand in your life?

Day 4

Psalm 22:24 (ESV)

"For he has not despised or scorned the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help." Read it slowly. He listened. He did not hide. What do you need to say to Him today?

Day 5

Psalm 22:27-28 (ESV)

The psalm ends in praise. Not because the pain went away — we don't know that it did. But because God is still God. How does a psalm that starts in darkness end in worship? What does that say about the journey of faith?

▣ PRAYER CHALLENGE

This week: **Write an honest prayer.**

Not polished. Not "right." Just honest. Tell God something you've been holding back — a fear, a doubt, a frustration. Write it right here in this booklet, in your notes app, or on a piece of paper you can fold up and keep. He already knows. He just wants you to bring it.

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GRATEFUL

Gratitude as a Weapon

PSALMS

■ SCRIPTURE CHALLENGE

Find 10–15 quiet minutes for this one.

Psalm 100:1-5 (ESV)

This psalm is short. Five verses. And it's basically one sustained shout of gratitude. Read it slowly — then read it again fast, like you mean it.

"Know that the Lord, he is God! It is he who made us, and we are his." That's not just theology. That's identity. You are not your grades, your relationships, your mistakes, your highlight reel. You are his.

Gratitude isn't just a feeling — it's a declaration. When you choose to be grateful in a hard moment, you are declaring that God is still God and you are still His. That's not weakness. That's one of the most powerful things you can do.

What in your life right now needs that declaration? Write it down and then write: "And yet — the Lord is good. His steadfast love endures forever."

▣ PRAYER CHALLENGE

This week: **Pray with someone else.**

Find one person — a friend, a family member, anyone — and pray with them out loud this week. It doesn't have to be long. It doesn't have to be perfect. Just two people talking to God together.

This one's the same whether print or digital — just do it. Text someone right now and set it up.

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GRATEFUL

The Faithful God of Ordinary Days

PSALMS

■ SCRIPTURE CHALLENGE

Day 1

Psalm 23:1-3 (ESV)

"The Lord is my shepherd." Not was. Not will be. Is. Right now. In the ordinary Monday of your life. How does that land today?

Day 2

Psalm 23:4 (ESV)

"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me." Not around the valley. Through it. And not alone. What valley are you walking through right now?

Day 3

Psalm 23:5 (ESV)

A table prepared in the presence of enemies. Abundance in the middle of opposition. Where in your life is God providing in a way you almost missed because things around you are hard?

Day 4

Psalm 23:6 (ESV)

"Surely goodness and mercy shall follow me all the days of my life." All the days. Not just the highlight ones. What would it look like to expect God's goodness to show up today?

Day 5

Re-read Psalm 23 in full.

This is one of the most familiar passages in the Bible. Read it like you've never seen it before. What one word or phrase hits differently today than it did when you first learned it?

▣ PRAYER CHALLENGE

This week: **Pray Psalm 23 back to God — personalizing every line.**

"Lord, you are my shepherd. I have everything I need. You make me rest when I need it..." Work through the whole psalm, one line at a time, making it yours. Write it out right here in this booklet if you want — sometimes seeing it in your own handwriting makes it real.

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GRATEFUL

Faithful When Life Falls Apart

RUTH

■ SCRIPTURE CHALLENGE

Find 10–15 quiet minutes for this one.

Ruth 1:1–18 (ESV)

Naomi has lost her husband and both of her sons. She is in a foreign country with nothing. She tells her daughters-in-law to go back to their families — she has nothing to offer them.

And then Ruth says one of the most remarkable things in all of Scripture: "Where you go I will go... your God shall be my God."

Ruth had every reason to leave. She stayed anyway. Not because things were good. Because she was committed.

Gratitude isn't just about receiving. It's about showing up for others even when it costs you something. Who in your life needs you to show up right now — even when it's inconvenient?

▣ PRAYER CHALLENGE

This week: **Pray for someone who is in a Naomi season.**

Think of someone who has lost something — a person, a dream, a sense of direction. Pray for them specifically every day this week. And if you can — do something. A text. A meal. Showing up.

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GRATEFUL

Gratitude in the Mundane

RUTH

■ SCRIPTURE CHALLENGE

Day 1

Ruth 2:1-3 (ESV)

Ruth goes to glean in the fields — the ancient equivalent of picking up scraps. It's humble, unglamorous work. And she just... does it. What does faithfulness look like in the unglamorous parts of your life right now?

Day 2

Ruth 2:4 (ESV)

"The Lord be with you!" Boaz greets his workers with a blessing. Then they bless him back. What would it look like to treat the ordinary moments of your day as an opportunity for blessing?

Day 3

Ruth 2:10-12 (ESV)

Ruth asks why Boaz is being so kind to her. He tells her he's heard about everything she did for Naomi. Your faithfulness is seen — even when you think no one is watching. How does that change how you show up when it's just you and God?

Day 4

Ruth 2:19-20 (ESV)

Naomi recognizes God's kindness in what Boaz has done. "The Lord has not abandoned his steadfast love to the living or the dead." Where has God shown up in your life this week through another person?

Day 5 — Thanksgiving Reflection

Make a list — right here, right now — of 10 specific things you are grateful for this year. Not general. Specific. Names, moments, places, gifts.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |
-

PRAYER CHALLENGE

This week: **A gratitude prayer — out loud, at the table.**

If you're with family or friends this Thanksgiving, volunteer to pray before the meal. Mean it. Be specific. Thank God for something real — not just "food and family." This might feel awkward. Do it anyway.

Write out what you want to say beforehand, right here or in your notes app — so when the moment comes you're ready.

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GRATEFUL

Faithfulness You Can't Manufacture

RUTH

■ SCRIPTURE CHALLENGE

Find 10–15 quiet minutes for this one.

Ruth 3:1–13 (ESV)

Naomi sends Ruth to Boaz in a bold and vulnerable move — essentially asking him to step in as their family redeemer. Ruth goes. She trusts. Boaz responds with honor.

The whole story hinges on people doing the right thing even when they didn't have to. Naomi didn't have to care for Ruth. Ruth didn't have to stay. Boaz didn't have to act.

Faithfulness is a choice. Every time.

What is one area of your life where you're waiting for things to line up before you act faithfully? What would it look like to just... act faithfully now?

▣ PRAYER CHALLENGE

This week: **Ask God to show you one person you can be a "Boaz" for.**

Someone who needs someone to show up. To advocate for them. To do the right thing even when it's not required. Pray about it, then write down what comes to mind — a name, a situation, a need.

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GRATEFUL

Redemption You Didn't Earn

RUTH

■ SCRIPTURE CHALLENGE

Day 1

Ruth 4:1-6 (ESV)

The closer relative who has first right to redeem passes on it when he realizes the cost. He's thinking about his own interests. Boaz chooses differently. Faithfulness costs something. What is faithfulness costing you right now?

Day 2

Ruth 4:9-10 (ESV)

Boaz publicly declares his commitment. He doesn't do it quietly — he does it before witnesses. Is there a commitment you've been keeping quiet that needs to be spoken out loud?

Day 3

Ruth 4:13-15 (ESV)

The women tell Naomi that Ruth has been better to her than seven sons. The person who shows up isn't always who you expected. Who has God placed in your life unexpectedly?

Day 4

Ruth 4:17 (ESV)

Ruth's son Obed would become the grandfather of King David — and a direct ancestor of Jesus. Naomi couldn't have known that in her grief. You rarely can see what God is building in the middle of the hard parts. What hard thing in your past can you now trace God's hand through?

Day 5

Re-read Ruth 1:16-17 and Ruth 4:13-17 (ESV)

From loss to redemption. From empty to full. The whole book of Ruth is a picture of what God does — He redeems. He restores. How does the story of Ruth shape how you see your own story?

▣ PRAYER CHALLENGE

This week: **Thank God for the ending He is writing.**

You can't see the whole story yet — Naomi couldn't either. Write a prayer thanking God for the parts of your story you don't understand yet, trusting that He is a God who redeems. Write it right here, in your notes app, or speak it out loud.

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GRATEFUL

The Gift You Didn't Deserve

CHRISTMAS WEEK

■ SCRIPTURE CHALLENGE

Find 10–15 quiet minutes for this one.

Luke 1:46-55 (ESV)

Before Jesus was born, before any of it happened, Mary sang. She had every reason to be afraid — and she chose praise.

"My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has looked on the humble estate of his servant."

Mindful of the humble. That's you. That's all of us. God didn't come in power and force. He came small, vulnerable, dependent — because that's how close He wanted to get.

This Christmas, what would it look like to receive the gift of Jesus not just as a fact but as something personal? He came for you specifically. Write a response to that — whatever comes up. Gratitude, confusion, emotion, questions. Write it here.

▣ PRAYER CHALLENGE

This week: **Pray for someone who doesn't know the gift yet.**

Think of someone in your life who doesn't know Jesus. Not to pressure them — just to pray. Pray that this Christmas something breaks through. That they feel something they can't explain. Write their name here and pray for them every day through Christmas:

Name: _____

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For the Quiet Moments This Christmas

Isaiah 9:6 (ESV)

"For to us a child is born, to us a son is given..."

To us. Not to the world in some abstract sense. To us.

Wherever you are today — at a full table, a quiet house, somewhere in between — that word is still true. The gift was given. For you.

You don't have to feel it to receive it. You don't have to have it all together. You just have to open your hands.

One question for today: What is one thing you are grateful for that you couldn't have predicted a year ago?

Write it here, or tell someone. Don't let the day pass without saying it out loud.

GRATEFUL

Starting Again (and Again)

PHILIPPIANS

■ SCRIPTURE CHALLENGE

Find 10–15 quiet minutes for this one.

Philippians 1:1–11 (ESV)

Paul wrote this letter from prison. Not metaphorical prison — actual chains, actual guards, actual uncertainty about whether he'd live or die. And his opening is full of joy and gratitude for the people he loves.

"I thank my God in all my remembrance of you."

Who are the people in your life that you thank God for when you think of them? Have you told them that?

The new year is a good time to say what's true. Who needs to hear it from you?

▣ PRAYER CHALLENGE

This week: **Pray for your people.**

Make a short list — 3 to 5 people you are genuinely grateful for. Pray for each of them by name this week. Not a quick mention — a real prayer for something specific in their life right now. Then, if you're brave, tell one of them you prayed for them.

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GRATEFUL

When Things Don't Go the Way You Planned

PHILIPPIANS

■ SCRIPTURE CHALLENGE

Day 1

Philippians 1:12-14 (ESV)

Paul's imprisonment has actually "served to advance the gospel." The worst thing that happened to him became the vehicle for something bigger. What hard thing in your life might God be using in a way you can't fully see yet?

Day 2

Philippians 1:20-21 (ESV)

"For to me to live is Christ, and to die is gain." Paul has found a place where he can't lose. Either way, God wins. What would it look like to see your life in the same way?

Day 3

Philippians 1:27 (ESV)

"Only let your manner of life be worthy of the gospel of Christ." Whatever happens. How does that change what you do today?

Day 4

Philippians 1:29 (ESV)

Paul says suffering for Christ has been granted to them — as a gift. Has there been a season of struggle that deepened your faith in a way comfort never could?

Day 5

Philippians 1:6 (ESV)

"He who began a good work in you will bring it to completion." He started it. He will finish it. Where do you need to trust that today?

▣ PRAYER CHALLENGE

This week: **Surrender one thing.**

There's something you're holding tightly — a plan, a relationship, a fear, a hope. Write it down. Then write: "God, I trust you with this." Say it out loud. Mean it as much as you can. Come back to it every day this week.

Put it in your notes app. Title it "Surrendered." Look at it every morning.

☐ **GRATEFUL LIVING CHALLENGE**

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GRATEFUL

Humility as Gratitude

PHILIPPIANS

■ SCRIPTURE CHALLENGE

Find 10–15 quiet minutes for this one.

Philippians 2:1–11 (ESV)

"Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves."

Then Paul holds up the ultimate example: Jesus, who left everything to become nothing — so we could have everything.

Humility isn't thinking less of yourself. It's thinking of yourself less. It's being so secure in who God says you are that you don't have to fight for your position.

Where in your life right now is pride or insecurity making things harder than they need to be? What would it look like to lay that down this week?

▣ PRAYER CHALLENGE

This week: **Pray for someone you find difficult.**

Not someone you're neutral about — someone who is genuinely hard for you. Pray for them every day this week. Not that they'd change. Just that God would bless them. See what that does to your heart by the end of the week.

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GRATEFUL

Shine

PHILIPPIANS

■ SCRIPTURE CHALLENGE

Day 1

Philippians 2:14-15 (ESV)

"Do all things without grumbling or disputing." Everything. What's the thing you complain about most? What would it look like to just... stop?

Day 2

Philippians 2:15 (ESV)

"Shine as lights in the world." You don't have to be loud to shine. You just have to be different. How is your life different from the people around you — in a way that points to something bigger?

Day 3

Philippians 2:19-22 (ESV)

Paul brags on Timothy — someone who "genuinely cares" about others. That's rare. Who do you know like that? Are you like that?

Day 4

Philippians 2:25-30 (ESV)

Epaphroditus almost died serving others and Paul calls him a "fellow soldier." Faithfulness sometimes costs everything. What has faithfulness cost you recently?

Day 5

Philippians 2:13 (ESV)

"For it is God who works in you, both to will and to work for his good pleasure." You're not doing this alone. The desire to grow, to do right, to show up — that comes from Him too. How does that take pressure off you today?

▣ PRAYER CHALLENGE

This week: **Write a prayer of gratitude for your community.**

Think about the people doing life with you — your Shift community, your friends, your family. Write a prayer thanking God for specific people and what they mean to you. Write it right here or in your notes app.

☐ **GRATEFUL LIVING CHALLENGE**

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GRATEFUL

The Secret of Contentment

PHILIPPIANS

■ SCRIPTURE CHALLENGE

Find 10–15 quiet minutes for this one.

Philippians 4:4–13 (ESV)

"Rejoice in the Lord always; again I will say, rejoice."

Paul is not telling you to fake it. He's telling you to make a choice. Joy is not a feeling you wait for — it's a posture you practice.

"I have learned, in whatever situation I am, to be content." Learned. Past tense. It took time. It took practice. It took going through things.

Contentment doesn't mean you don't want things to be different. It means you've decided God is enough even when they aren't.

What is one area where you genuinely struggle to be content? Write it down — and then write: "God is still enough."

▣ PRAYER CHALLENGE

This week: **The prayer of Philippians 4:6.**

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

Take one thing you are anxious about and bring it to God — specifically, with thanksgiving. Pray it every day this week. Write it here so you remember what you're trusting Him with.

□ GRATEFUL LIVING CHALLENGE

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GRATEFUL

Think About These Things

PHILIPPIANS

■ SCRIPTURE CHALLENGE

Day 1

Philippians 4:8 (ESV)

"Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable — think about these things."

What are you actually feeding your mind? Is what you're consuming helping you think about what's true and lovely? If not, what will you do?

Day 2

Philippians 4:8 (ESV) — again

Pick one word from this verse — true, honorable, just, pure, lovely, commendable — and spend today looking for it. Where do you see it? Write it here: _____

Day 3

Philippians 4:9 (ESV)

"What you have learned and received and heard and seen in me — practice these things." Faith is not just something you believe. It's something you do. What is one thing you know you should be doing that you haven't been?

Day 4

Philippians 4:11 (ESV)

"I have learned, in whatever situation I am, to be content." What circumstances are making contentment hardest right now? Be honest.

Day 5

Philippians 4:19 (ESV)

"And my God will supply every need of yours according to his riches in glory in Christ Jesus." Every need. Not every want. What's the difference — and where do you need to trust Him for a need today?

▣ PRAYER CHALLENGE

This week: **Pray Philippians 4:8 as a filter.**

Before you look at your phone each morning or start your day, ask God to help you see what is true, honorable, just, pure, lovely, and commendable today. Just one line, every morning. See what shifts by the end of the week.

Set it as a phone reminder that fires before you open social media.

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GRATEFUL

Who You Already Are

EPHESIANS

■ SCRIPTURE CHALLENGE

Find 10–15 quiet minutes for this one.

Ephesians 1:3–14 (ESV)

Before Paul gets to a single instruction — before he tells anyone to do anything — he spends verses just telling people who they are.

Chosen. Adopted. Redeemed. Forgiven. Sealed.

Not because of what you've done. Because of what He did. Before you were born, before you made a single choice, God chose you.

Gratitude built on circumstances will always be fragile. Gratitude built on identity is unshakeable — because who you are doesn't change when your circumstances do.

Read back through verses 3–14. Write your favorite identity word here:

Now ask yourself — do you live like that's true?

▣ PRAYER CHALLENGE

This week: **Pray your identity back to God.**

Use the words from Ephesians 1 — chosen, adopted, redeemed, forgiven, sealed — and pray them back as declarations. "God, you chose me. You adopted me. You redeemed me." Say it every morning this week. Write it here if it helps.

| *Screenshot Ephesians 1:3–8 and make it your lock screen this week.*

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GRATEFUL

More Than You Can Ask or Imagine

EPHESIANS

■ SCRIPTURE CHALLENGE

Day 1

Ephesians 1:18-19 (ESV)

Paul prays that the eyes of their hearts would be enlightened to know the hope to which they have been called. Not just head knowledge — heart knowledge. What would it look like for your eyes to be opened to what God has already given you?

Day 2

Ephesians 2:1-5 (ESV)

"But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ." Dead. Made alive. That's the whole story. How do you live differently because of that?

Day 3

Ephesians 2:8-9 (ESV)

Grace. Not performance. Not earning it. Not being good enough. Just grace. Where are you still trying to earn something that's already been given?

Day 4

Ephesians 2:10 (ESV)

"For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them." Your life has purpose built into it — not purpose you have to manufacture. What might that be for you? Not sure? What passions do you have? Ask trusted Godly people what they see in you.

Day 5

Ephesians 3:20-21 (ESV)

"Now to him who is able to do far more abundantly than all that we ask or think..." What's the biggest thing you've asked God for? What if He's planning something even larger?

▣ PRAYER CHALLENGE

This week: **Pray big.**

Take Ephesians 3:20 seriously. Ask God for something you're almost embarrassed to ask for because it seems too big. Write it here. Then trust that the God who can do far more abundantly than all we ask is listening.

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GRATEFUL

Walk Worthy

EPHESIANS

■ SCRIPTURE CHALLENGE

Find 10–15 quiet minutes for this one.

Ephesians 4:1–7 (ESV)

"Walk in a manner worthy of the calling to which you have been called."

Paul doesn't say earn your calling. He says walk worthy of it — like someone who already has it. Because you do.

Worthy living looks like: humility, gentleness, patience, bearing with one another in love. Not perfectly. Just genuinely.

Where is your walk matching your calling right now? Where is it not? Be honest — not in a shame spiral, but in an honest inventory. God isn't surprised by any of it. He just invites you to walk a little closer today than yesterday.

▣ PRAYER CHALLENGE

This week: **Ask God to show you one habit to start and one to stop.**

One thing to start doing that would help you walk more worthy. One thing to stop doing that's getting in the way. Write them here. Pray about it every day. Ask someone to check in on you.

Start: _____

Stop: _____

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GRATEFUL

New Self

EPHESIANS

■ SCRIPTURE CHALLENGE

Day 1

Ephesians 4:22-24 (ESV)

"Put off your old self... and put on the new self." Getting dressed is a daily choice. So is this. What "old self" behavior keeps showing back up that you need to put off again today?

Day 2

Ephesians 4:25-27 (ESV)

Truth-telling, anger that doesn't linger, no room for the enemy. Which of these is hardest for you — and why?

Day 3

Ephesians 4:29 (ESV)

"Let no corrupting talk come out of your mouths, but only such as is good for building up." Think about the last thing you said that knocked someone down — even in a small way. Now think about the last thing you said that genuinely built someone up. Which one comes more naturally?

Day 4

Ephesians 4:31-32 (ESV)

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." Is there someone you need to forgive right now? Not for their sake — for yours.

Day 5

Ephesians 5:1-2 (ESV)

"Walk in love, as Christ loved us and gave himself up for us." Love as a sacrifice. Not just a feeling. What is love costing you right now?

▣ PRAYER CHALLENGE

This week: **A prayer of confession and gratitude.**

Write a prayer with two parts: (1) something you want to put off — something you're done with, (2) something you're grateful you've already been forgiven for. Write it here or in your notes. This isn't about guilt — it's about freedom.

Write it in your notes app, then delete it after you pray it. There's something powerful about that.

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He Is Risen — and That Changes Everything

1 Corinthians 15:55-57 (ESV)

"O death, where is your victory? O death, where is your sting?... But thanks be to God, who gives us the victory through our Lord Jesus Christ."

Thanks be to God.

Paul responds to the resurrection with gratitude. Not just amazement. Gratitude. Because the resurrection isn't just a miracle — it's a promise. What happened to Jesus is what happens to everything death touches in your life when you are in Him.

Today, wherever you are — write down one thing in your life that needs resurrection. Something that feels over, dead, hopeless. Then write underneath it: "But thanks be to God."

GRATEFUL

Armed and Ready

EPHESIANS

■ SCRIPTURE CHALLENGE

Find 10–15 quiet minutes for this one.

Ephesians 6:10–18 (ESV)

The armor of God. You've probably heard this passage. Read it like you haven't.

Paul isn't being metaphorical for the sake of it — he's writing from prison, surrounded by actual Roman soldiers in actual armor. He knows what armor does. He knows what happens without it.

Every piece of armor here is something you put on through practice — truth you choose to believe, righteousness you choose to walk in, faith you choose to pick up when doubt knocks it down.

Which piece of armor feels most missing in your life right now? Why?

▣ PRAYER CHALLENGE

This week: **Pray on the armor — one piece each day.**

Monday — Belt of Truth: "God, anchor me in what is true today."

Tuesday — Breastplate of Righteousness: "God, help me walk in right living."

Wednesday — Shoes of Peace: "God, let me bring peace wherever I go."

Thursday — Shield of Faith: "God, I choose to believe even when it's hard."

Friday — Helmet of Salvation: "God, protect my mind. Remind me who I am."

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GRATEFUL

Faith That Moves

JAMES

■ SCRIPTURE CHALLENGE

Day 1

James 1:2-4 (ESV)

"Count it all joy, my brothers, when you meet trials of various kinds." Count it all joy — not fake positivity, but the kind that comes from knowing what trials produce. What trial in your life right now might God be using to produce something you need?

Day 2

James 1:5 (ESV)

"If any of you lacks wisdom, let him ask God, who gives generously to all without reproach." Without reproach. He's not holding your past against you when you ask. What do you need wisdom for right now?

Day 3

James 1:12 (ESV)

"Blessed is the man who remains steadfast under trial." You don't get the crown before the test. Where are you being tested right now and what would steadfastness look like?

Day 4

James 1:17 (ESV)

"Every good gift and every perfect gift is from above." Every good thing in your life has a source. Have you thanked the source today?

Day 5

James 1:22 (ESV)

"Be doers of the word, and not hearers only." What do you know you're supposed to do that you've been putting off?

▣ PRAYER CHALLENGE

This week: **Ask for wisdom — specifically.**

James says God gives it generously. Take Him up on it. Write down the specific situation where you need wisdom right now. Pray for it every day this week. Then pay attention — wisdom often comes through people, moments, and Scripture, not just feelings.

Situation: _____

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GRATEFUL

Fast to Listen, Slow to Speak

JAMES

■ SCRIPTURE CHALLENGE

Find 10–15 quiet minutes for this one.

James 1:19–27 and James 2:14–17 (ESV)

"Let every person be quick to hear, slow to speak, slow to anger."

And then — "faith apart from works is dead."

James doesn't let you stay in your head. He keeps asking: okay, but what are you actually doing about it?

If someone is cold and hungry and you say "Go in peace, be warmed and filled" — that's not faith. That's a nice sentiment.

Gratitude that stays inside you isn't really gratitude. It changes you, and then it changes how you treat people. Where is your faith visible in how you treat others? Where is it not?

▣ PRAYER CHALLENGE

This week: **Fast (give it up)** from one thing and replace it with prayer.

Pick one thing — social media, a show, a habit — and give it up for the week. Every time you would have done it, pray instead. Not because the thing is bad, but because the discipline of choosing God over comfort is one way to focus on being grateful.

Delete one app for the week. Replace the tap with a prayer. See what happens.

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GRATEFUL

The Tongue and the Heart

JAMES

■ SCRIPTURE CHALLENGE

Day 1

James 3:3-6 (ESV)

"The tongue is a small member, yet it boasts of great things. How great a forest is set ablaze by such a small fire!" What has your tongue set on fire recently — in a good way, or a destructive one?

Day 2

James 3:9-10 (ESV)

We use the same mouth to bless God and curse people made in His image. How does remembering that every person is made in God's image change how you talk about them?

Day 3

James 3:13 (ESV)

"Who is wise and understanding among you? By his good conduct let him show his works in the meekness of wisdom." Wisdom isn't how much you know. It's how you live. Who is the wisest person you know — and what makes them that way?

Day 4

James 3:17 (ESV)

"But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere." Read that list slowly. Which one do you have most? Which one do you need most?

Day 5

James 3:18 (ESV)

"And a harvest of righteousness is sown in peace by those who make peace." You get to choose — sow conflict or sow peace. What seeds are you planting in your relationships right now?

PRAYER CHALLENGE

This week: **Pray before you speak.**

Not literally before every word — but before every hard conversation, every text you're about to send in anger, every moment where your words could build or destroy. Just a breath and: "God, let my words be good." Try it all week.

Before you send any message this week that feels emotionally charged — pause. Pray. Then send.

GRATEFUL LIVING CHALLENGE

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GRATEFUL

Draw Near

JAMES

■ SCRIPTURE CHALLENGE

Find 10–15 quiet minutes for this one.

James 4:1–10 (ESV)

"You do not have, because you do not ask."

That's one of the most uncomfortable verses in the New Testament. Simple, direct, a little convicting. How much of what you're frustrated about have you actually brought to God?

Then: "Draw near to God, and he will draw near to you."

The whole distance you feel from God — He's not the one who moved. The invitation is always open. Always. No matter what you've done, how long you've been away, how many times you've tried and fallen back.

Draw near. That's it. That's the whole instruction.

What has been keeping you at a distance from God lately? Write it here — and then take one step toward Him today.

▣ PRAYER CHALLENGE

This week: **Draw near.**

Set aside 15 minutes — no agenda, no list, no requests. Just show up and be with God. If you don't know what to say, say that: "God, I'm here. I don't know what to say. But I'm here." That's enough.

Write one word after each time about what you noticed:

Mon: ____ Tue: ____ Wed: ____ Thu: ____ Fri: ____

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GRATEFUL

Patient and Persistent

JAMES

■ SCRIPTURE CHALLENGE

Day 1

James 5:7-8 (ESV)

The farmer plants and then waits — trusting the rain will come. He doesn't dig up the seed every day to check on it. Where in your life do you need to plant faithfully and then trust the outcome to God?

Day 2

James 5:11 (ESV)

Job remained steadfast. The Lord's outcome for him was full of compassion and mercy. You can't always see the end from the middle. What do you need to persevere through right now?

Day 3

James 5:13 (ESV)

"Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise." Both. Suffering = pray. Cheerful = praise. Is prayer your first response to trouble, or your last resort?

Day 4

James 5:16 (ESV)

"The prayer of a righteous person has great power as it is working." Your prayers matter. They move things. Do you actually believe that? How would your prayer life look different if you did?

Day 5

James 5:19-20 (ESV)

The last thing James says is about going after someone who has wandered. The year ends with an outward focus — who around you has drifted? Who will you go after? How will you go after them?

▣ PRAYER CHALLENGE

This week: **Pray for someone who has wandered.**

Someone you know who used to be close to God and isn't right now. Pray for them every day. Then — if the door is open — reach out. Not to lecture. Just to say you've been thinking about them.

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You Made It.

Not because life was perfect this year.
Because God was faithful.

Look back through these pages. The tiles you earned. The
prayers you wrote. The names you prayed for. The
conversations you had.

That's a year of choosing gratitude. That's not nothing —
that's everything.

One last question:

What do you know about God now that you didn't know at the
beginning of September?

*"The Lord is good; his steadfast love endures forever,
and his faithfulness to all generations."*

— Psalm 100:5 (ESV)

Notes

