

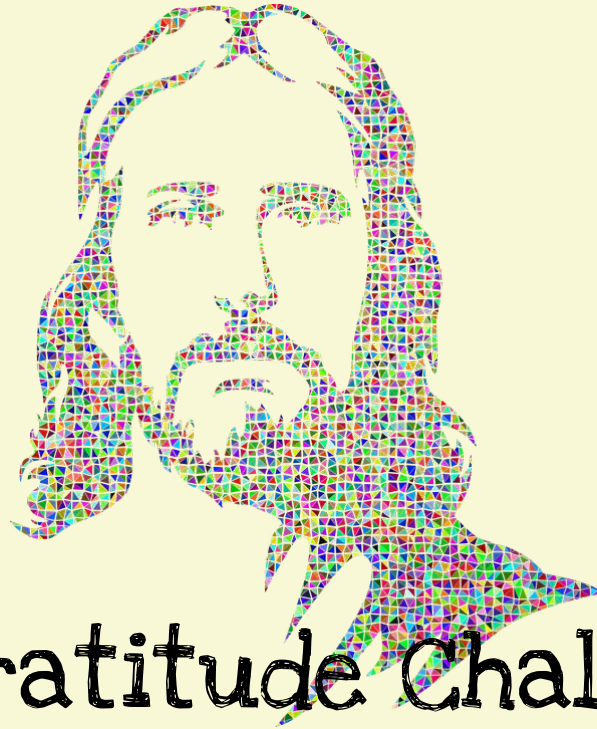
Monday

Tuesday

Wednesday

Thursday

Friday



7 Day Gratitude Challenge

Saturday

Sunday

Pay It Forward

Monday

Tuesday

Wednesday

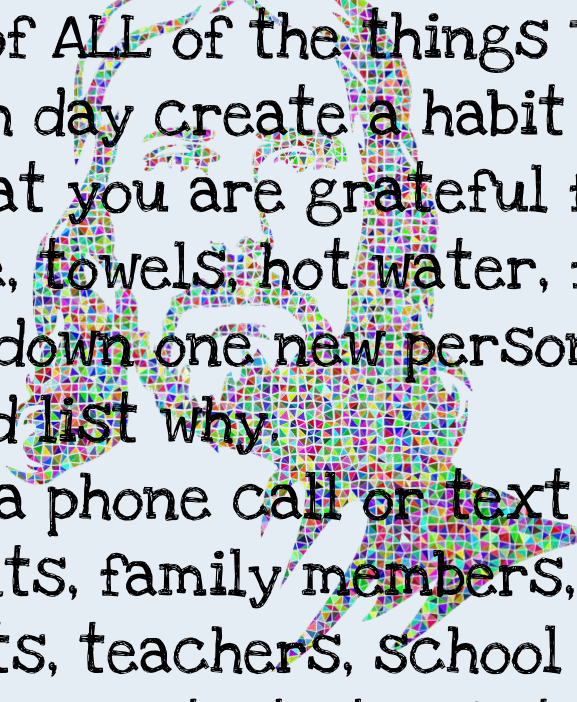
Thursday

Friday

Saturday

Sunday

Pay It Forward

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1. Become aware of ALL of the things that make your life easier. Each day create a habit of writing down **5 NEW things** that you are grateful for. (Ex: car, heat, your home, towels, hot water, food, etc..)
 2. Each day write down one new person that you are grateful for and list why.
 3. Each day make a phone call or text one of the following: parents, family members, priests, deacons, servants, teachers, school staff, policemen, firemen,...etc to thank them.

Monday

Tuesday

Wednesday

Thursday

Friday

Monday

"Give me understanding, and I shall keep Your law; Indeed, I shall observe it with my whole heart." Psalm 119:34



I am grateful for...

1.

2.

3.

4.

5.

I am grateful for (name of a person) because

I called, tested (name of a person).

Saturday

Sunday

Pay It Forward

Monday

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Tuesday

Oh, that men would give thanks
to the Lord for His goodness,
And for His wonderful works to
the children of men! *Psalm 107:15*



I am grateful for...

1.

2.

3.

4.

5.

I am grateful for (name of a person) because

I called or texted (name of person).

Saturday

Sunday

Pay It Forward

Monday

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Wednesday

Oh, give thanks to the Lord,
for He is good! For His mercy
endures forever. *Psalm 118:29*



I am grateful for...

1

2

3

4

5

I am grateful for (name of a person) because

I called or texted (name of a person).

Saturday

Sunday

Pay It Forward

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Thursday

But thanks be to God, who gives us the victory through our Lord Jesus Christ. 1 Corinthians 15:57



I am grateful for...

1

2

3

4

5

I am grateful for (name of a person) because

I called or texted (name of a person).

Saturday

Sunday

Pay It Forward

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Friday

And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. Colossians 3:15



I am grateful for...

1

2

3

4

5

I am grateful for (name of a person) because

I called or texted (name of a person).

Saturday

Sunday

Pay It Forward

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Saturday

Continue earnestly in prayer, being vigilant in it with thanksgiving; Colossians 4:2



I am grateful for...

1

2

3

4

5

I am grateful for (name of a person) because

I called or texted (name of a person).

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Pay It Forward

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In everything give thanks; for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:18

Now all you powers of the Lord, bless His Honored Name, O sun and moon and all the stars, praise Him and exalt Him above all.

I am grateful for...

1 _____

2 _____

3 _____

4 _____

5 _____

I am grateful for (name of a person) because _____

I called or texted (name of a person). _____

Saturday

Sunday

Pay It Forward

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Pay It Forward

What would you do out of your own will to show gratitude?

Saturday

Sunday

Pay It Forward