

Remaining thankful isn't always easy, But the Bible talks about being thankful and praise over and over. Even in the worst of life's situations, we can still praise (thank God) for who He is! How? As you read through these passages on praise or gratitude look to see how we can remain thankful and still praise God, even when life gets tough.

Questions to Ask:

As you read about gratitude and praise over the next 30 days ask yourself these questions (this is a great time to journal trough this reading list and questions):

- What does this passage say about gratitude or praise?
- What does this mean?
- What is (or should be) my response to what I've learned?
- How can I apply this to my life today?
- What can I praise God for today?

Gratitude and Praise
30 Day Bible Reading Plan

\bigcirc	Day	1: Ephesians 2:1-10	\bigcirc	Day	14:	Psalm 100
\bigcirc	Day	2: Ephesians 5:8-20	\bigcirc	Day	15:	Psalm 103
\bigcirc	Day	3: 1 Samuel 2:1-10	\bigcirc	Day	16:	Psalm 104
\bigcirc	Day	4: 1 Chronicles 16:7-36	\bigcirc	Day	17:	Psalm 105
\bigcirc	Day	5: Psalm 27	\bigcirc	Day	18:	Psalm 106
\bigcirc	Day	6: Psalm 28	\bigcirc	Day	19:	Psalm 107
	Day	7: Psalm 34	\bigcirc	Day	20:	Psalm 108:1-5
\bigcirc	Day	8: Psalm 42 & 43	\bigcirc	Day	21:	Psalm 136
$\overline{\bigcirc}$	Day	9: Psalm 46		Day	22:	Lamentations 3"21-24
	Day	10: Psalm 69:30-36	\bigcirc	Day	23:	Psalm 138
\bigcirc	Day	11: Psalm 92		Day	24:	Psalm 147
\bigcirc	Day	12: Psalm 95:1-7	\bigcirc	Day	25:	Psalm 149
\bigcirc	Day	13: Psalm 96	\bigcirc	Day	26:	Isaiah 55:11-13
			\bigcirc	Day	27:	Philippians 4:4-9
			\bigcirc	Day	28:	Colossians 3:12-17





Day 29: Colossians 4:2

Day 30: Hebrews 12:18-29