



Navigators Discipleship Tool



30 Thankful Prayers

When was the last time you focused your prayer on being thankful? Often, prayer becomes a one-way conversation to God with a list of our needs. This resource is all about praying from a heart of gratitude.

At the beginning of your day or at the end of your day, start the habit of thanking God for your blessings and praying these verses out loud. Invite a friend or your family to join you for 30 days of thankful prayers.

Then, continue to foster a thankful heart and way of life. Create a gratitude journal—adding specific praise verses and prayers that are personal to your own life.

☐ Day 1

Thank you for your love for me.

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life” John 3:16 (NIV).

☐ Day 2

Thank you for your sacrifice and for the gift of salvation for me.

“Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!” Philippians 2:6-8 (NIV).

☐ Day 3

Thank you for both your mercy and your grace for my life.

“For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need” Hebrews 4:15-16 (NIV).

☐ Day 4

Thank you for your Word and the ways you communicate through Scripture to guide my life.

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness” 2 Timothy 3:16 (NIV).



☐ Day 5

Thank you for living in me and being a guide and comforter.

“And I will ask the Father, and he will give you another advocate to help you and be with you forever— the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you” John 14:16-17 (NIV).

“But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come” John 16:13 (NIV).

☐ Day 6

Thank you that you are always with me.

“Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you” Deuteronomy 31:6 (NIV).

☐ Day 7

Thank you for creating me and knowing me even when I was in my mother’s womb.

“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well” Psalm 139:13-14 (NIV).

☐ Day 8

Thank you for every breath you give me.

“This is what God the LORD says— the Creator of the heavens, who stretches them out, who spreads out the earth with all that springs from it, who gives breath to its people, and life to those who walk on it” Isaiah 42:5 (NIV).

☐ Day 9

Thank you for the ways you change my heart. Help me to abide in you all of my days.

“I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh” Ezekiel 36:26 (NIV).

☐ Day 10

Thank you for coming to offer abundant life for all who know you.

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full” John 10:10 (NIV).

☐ Day 11

Thank you that I may have eternal life in Jesus Christ.

“...that everyone who believes may have eternal life in him” John 3:15 (NIV).



☐ Day 12

Thank you for the oceans, mountains, fields, deserts, and all the amazing landscapes you created for our enjoyment.

“Who has measured the waters in the hollow of his hand, or with the breadth of his hand marked off the heavens? Who has held the dust of the earth in a basket, or weighed the mountains on the scales and the hills in a balance?” Isaiah 40:12 (NIV).

☐ Day 13

Thank you for your light—for the sunrises, sunsets, and the moon and the stars that add light to darkness.

“And God said, ‘Let there be lights in the vault of the sky to separate the day from the night, and let them serve as signs to mark sacred times, and days and years, and let them be lights in the vault of the sky to give light on the earth.’ And it was so. God made two great lights—the greater light to govern the day and the lesser light to govern the night. He also made the stars. God set them in the vault of the sky to give light on the earth, to govern the day and the night, and to separate light from darkness. And God saw that it was good. And there was evening, and there was morning—the fourth day” Genesis 1:14-19 (NIV).

☐ Day 14

Thank you for the animals you created—from the largest whale to even the smallest goldfish.

“So God created the great creatures of the sea and every living thing with which the water teems and that moves about in it, according to their kinds, and every winged bird according to its kind. And God saw that it was good” Genesis 1:21 (NIV).

☐ Day 15

Thank you for how I notice your beauty in the people around me through their smiles, laughter, and the unique ways you created them.

“So God created mankind in his own image, in the image of God he created them; male and female he created them” Genesis 1:27 (NIV).

☐ Day 16

Thank you for my family and for those friends I call family—may we love each other well.

“My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one’s life for one’s friends” John 15:12-13 (NIV).

☐ Day 17

Thank you for adopting me into your spiritual family.

“For those who are led by the Spirit of God are the children of God. The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, ‘Abba, Father.’ The Spirit himself testifies with our spirit that we are God’s children. Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory” Romans 8:14-17 (NIV).



☐ Day 18

Thank you for the fellowship of believers and what we share together in you.

"They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved" Acts 2:42-47 (NIV).

☐ Day 19

Thank you for marriage and the ways this relationship reflects Christ's relationship with the church.

"'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.' This is a profound mystery—but I am talking about Christ and the church. However, each one of you also must love his wife as he loves himself, and the wife must respect her husband'" Ephesians 5:31-33 (NIV).

☐ Day 20

Thank you for the gift of children and the way they remind me how to approach you.

"Jesus said, 'Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these'" Matthew 19:14 (NIV).

☐ Day 21

Thank you for any strangers I might meet today, who could well turn out to be blessings directly from you.

"Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it" Hebrews 13:2 (NIV).

☐ Day 22

Thank you for the work you give me to do so that I may honor you.

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters" Colossians 3:23 (NIV).

☐ Day 23

Thank you for the plans and purposes you have for me.

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart" Jeremiah 29:11-13 (NIV).

☐ Day 24

Thank you that in you I'm a new creation.

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" 2 Corinthians 5:17 (NIV).



☐ Day 25

Thank you for being sovereign so that I can trust in your work in my life.

"For you have been my hope, Sovereign LORD, my confidence since my youth"
Psalm 71:5 (NIV).

☐ Day 26

Thank you for the truth and the foundation you laid through Jesus Christ.

"For no one can lay any foundation other than the one already laid, which is Jesus Christ" 1 Corinthians 3:11 (NIV).

☐ Day 27

Thank you for your peace that surpasses all understanding.

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid" John 14:27 (NIV).

☐ Day 28

Thank you for guiding me to have a greater faith.

"Now faith is confidence in what we hope for and assurance about what we do not see"
Hebrews 11:1 (NIV).

☐ Day 29

Thank you for the hope you give me in Christ Jesus.

"Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you" 1 Peter 1:3-4 (NIV).

☐ Day 30

Thank you for infusing me with your love, so others may know your love.

"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another" John 13:34-35 (NIV).

**God you are so good. Thank you for being my Father,
God in Heaven whom I love and want to follow all of my days. Amen.**