



*A
Thankful
Heart*

*30 Days of Thankfulness
Ebook/Journal*

Lana Wynn Scroggins

A Thankful Heart • I Am Thankful

Daily Thankful Prayer

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Daily Thankful Prayer

Day 1

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

I will give thanks to the LORD because of His righteousness and will sing praise to the name of the LORD Most High. O LORD, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens. (Psalm 7:17-18:1).

In Jesus' name, amen.

Day 2

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they reveal knowledge. They have no speech, they use no words; no sound is heard from them. Yet their voice goes out into all the earth, their words to the ends of the world. (Psalm 19:1-3)

In Jesus' name, amen.

Day 3

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

May the Lord answer you when you are in distress; may the name of the God of Jacob protect you. May he send you help from the sanctuary and grant you support from Zion. May he remember all your sacrifices and accept your burnt offerings. May he give you the desire of your heart and make all your plans succeed. May we shout for joy over your victory and lift up our banners in the name of our God. May the Lord grant all your requests. (Psalm 20:1-5)

In Jesus' name, amen.

Day 4

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple. For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his sacred tent and set me high upon a rock. (Psalm 27:4-5)

In Jesus' name, amen.

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Day 5

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

Give thanks to the Lord, for he is good; his love endures forever. Let Israel say: "His love endures forever." Let the house of Aaron say: "His love endures forever." Let those who fear the Lord say: "His love endures forever." (Psalm 118:1-4)

In Jesus' name, amen.

Day 6

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations. (Psalm 100:4-5)

In Jesus' name, amen.

Day 7

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

To you, Lord, I called; to the Lord I cried or mercy: "What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness? Hear, Lord, and be merciful to me; Lord, be my help." (Psalm 30:8-10)

In Jesus' name, amen.

Day 8

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

I will extol the Lord at all times; his praise will always be on my lips. I will glory in the Lord; let the afflicted hear and rejoice. Glorify the Lord with me; let us exalt his name together. I sought the Lord, and he answered me; he delivered me from all my fears. (Psalm 34:1-4)

In Jesus' name, amen.

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Day 9

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds. I will be glad and rejoice in you; I will sing the praises of your name, O Most High.

(Psalm 9:1-2)

In Jesus' name, amen.

Day 10

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

Lord my God, I take refuge in you; save and deliver me from all who pursue me.... Lord my God, I take refuge in you; save and deliver me from all who pursue me.

(Psalm 7:1; 17)

In Jesus' name, amen.

Day 11

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

I lift up my eyes to the mountains where does my help come from? (Psalm 121:1)

The Lord will watch over your coming and going both now and forevermore. (Psalm 121:8)

In Jesus' name, amen.

Day 12

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

Many, Lord, are asking, "Who will bring us prosperity?" Let the light of your face shine on us. Fill my heart with joy when their grain and new wine abound. In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.

(Psalm 4:6-8)

In Jesus' name, amen.

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Day 13

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

*God is our refuge and strength, an ever-present help in trouble.
(Psalm 46:1)*

*The Lord Almighty is with us; the God of Jacob is our fortress.
(Psalm 46:7)*

In Jesus' name, amen.

Day 14

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

As for me, I call to God, and the Lord saves me. Evening, morning and noon I cry out in distress, and he hears my voice. He rescues me unharmed from the battle waged against me, even though many oppose me. God, who is enthroned from of old, who does not change—he will hear them and humble them, because they have no fear of God. (Psalm 55:16-19)

In Jesus' name, amen.

Day 15

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

*The Lord sits enthroned over the flood; the Lord is enthroned as King forever. The Lord gives strength to his people; the Lord blesses his people with peace.
(Psalm 29:10-11)*

In Jesus' name, amen.

Day 16

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

But you, Lord, are a shield around me, my glory, the One who lifts my head high. I call out to the Lord, and he answers me from his holy mountain. (Psalm 3:3-4)

From the Lord comes deliverance. May your blessing be on your people. (Psalm 3:8)

In Jesus' name, amen.

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Day 17

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." (Psalm 91:1-2)

If you say, "The Lord is my refuge," and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways; (Psalm 91:9-11)

In Jesus' name, amen.

Day 18

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. (Psalm 51:10-12)

In Jesus' name, amen.

Day 19

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

Lord, our Lord, how majestic is your name in all the earth! You have set your glory in the heavens. Through the praise of children and infants you have established a stronghold against your enemies, to silence the foe and the avenger. (Psalm 8:1-2)

In Jesus' name, amen.

Day 20

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

"Come and hear, all you who fear God; let me tell you what he has done for me. I cried out to him with my mouth; his praise was on my tongue. If I had cherished sin in my heart, the Lord would not have listened; but God has surely listened and has heard my prayer. Praise be to God, who has not rejected my prayer or withheld his love from me! (Psalm 66:16-20)

In Jesus' name, amen.

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Day 21

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

*“Now this I know: The Lord gives victory to his anointed. He answers him from his heavenly sanctuary with the victorious power of his right hand. Some trust in chariots and some in horses, but we trust in the name of the Lord our God. They are brought to their knees and fall, but we rise up and stand firm. Lord, give victory to the king! Answer us when we call!
(Psalm 20:6-9)*

In Jesus' name, amen.

Day 22

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

*Keep me safe, my God, for in you I take refuge. I say to the Lord, “You are my Lord; apart from you I have no good thing.”
(Psalm 16:1-2)*

Lord, you alone are my portion and my cup; you make my lot secure. (Psalm 16:5)

In Jesus' name, amen.

Day 23

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers. (Psalm 1:1-3)

In Jesus' name, amen.

Day 24

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

Give thanks to the Lord, for he is good; his love endures forever. Let the redeemed of the Lord tell their story—those he redeemed from the hand of the foe. (Psalm 107:1-2)

Then they cried out to the Lord in their trouble, and he delivered them from their distress. (Psalm 107:6)

In Jesus' name, amen.

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Day 25

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God. This service that you perform is not only supplying the needs of the Lord's people but is also overflowing in many expressions of thanks to God. (Psalm 9:11-12).

In Jesus' name, amen.

Day 26

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

"The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him. The Lord is the strength of his people, a fortress of salvation for his anointed one. Save your people and bless your inheritance; be their shepherd and carry them forever. (Psalm 28:7-9)

In Jesus' name, amen.

Day 27

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song. (Psalm 95:1-2)

In Jesus' name, amen.

Day 28

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

Give praise to the Lord, proclaim his name; make known among the nations what he has done. Sing to him, sing praise to him; tell of all his wonderful acts. Glory in his holy name; let the hearts of those who seek the Lord rejoice. Look to the Lord and his strength; seek his face always. (Psalm 105:1-4)

In Jesus' name, amen.

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Daily Thankful Prayer

Day 29

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

I will extol the Lord at all times; his praise will always be on my lips. I will glory in the Lord; let the afflicted hear and rejoice. Glorify the Lord with me; let us exalt his name together. I sought the Lord, and he answered me; he delivered me from all my fears. (Psalm 34:1-4)

In Jesus' name, amen.

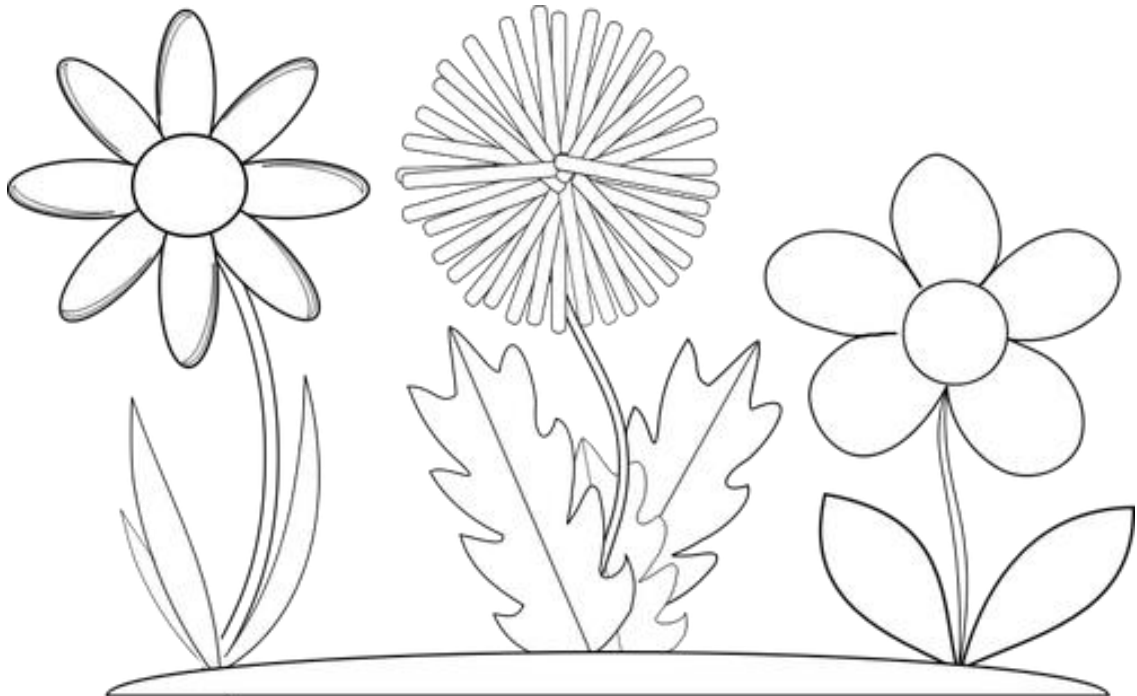
Day 30

Daily Thankful Prayer:

Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. The Lord works righteousness and justice for all the oppressed. (Psalm 103:1-6)

In Jesus' name, amen.



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