



A THANKFUL HEART



Lana Wynn Scroggins



GIVING JESUS

A Thankful Heart

**30 Days of Thankfulness
Ebook/Journal**

A Thankful Heart

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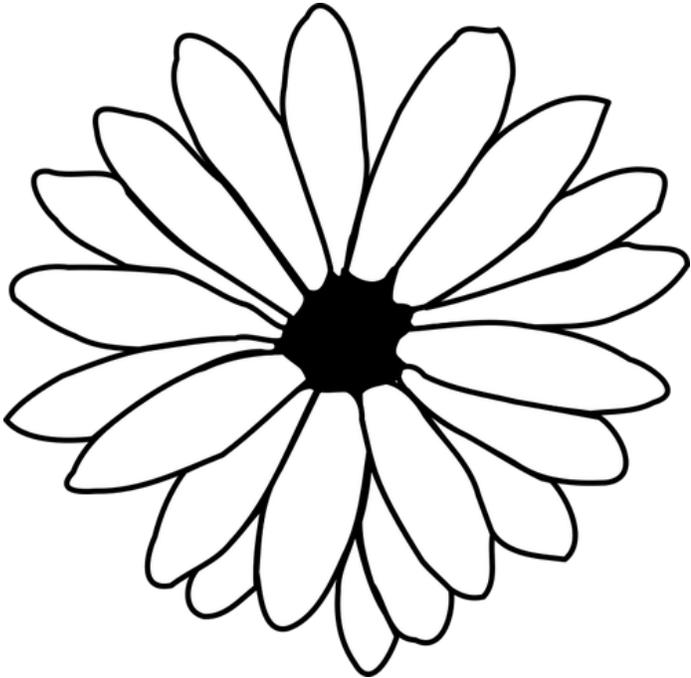
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A Thankful Heart



“Gratitude is riches. Complaint is poverty.” —Doris Day.
A cheerful giver has thankfulness all around them. The blessings you receive every day begin and end with gratitude.

Today I Am Thankful For:

Scripture Reading:

Psalm 19:1-14 (NIV)

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)

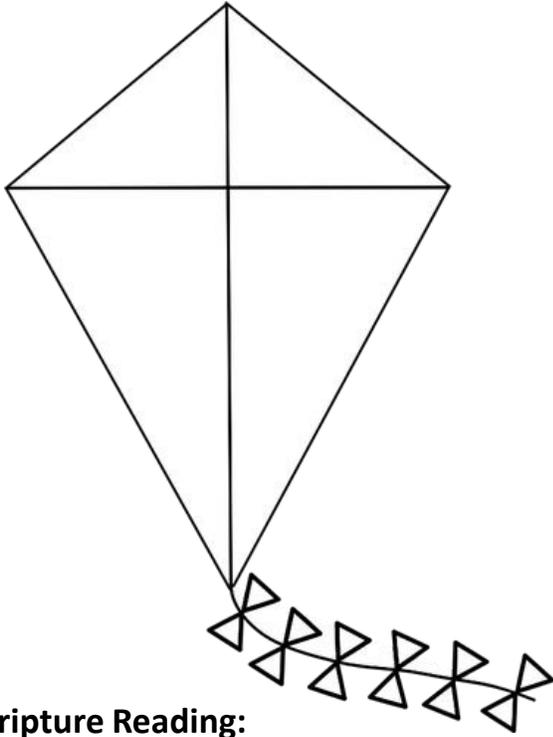
In Jesus’ name, amen.

Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.

—1 Thessalonians 5:16-18

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A Thankful Heart



Scripture Reading:

Psalm 27:1-14 (NIV)

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.

“Appreciation can make a day—even change a life. Your willingness to put it into words is all that is necessary.”

—Margaret Cousins

Look around as you go about your day and find all that you appreciate about today.

Today I Am Thankful For:

I have not stopped giving thanks for you, remembering you in my prayers.

—Ephesians 1:16

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“Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... it makes sense of our past, brings peace for today, and creates a vision for tomorrow.” —Melody Beattie
Create peace and vision for tomorrow!

Today I Am Thankful For:

Scripture Reading:

Psalm 118:1-18 (NIV)

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.

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

—Colossians 3:15

Circle your choice

Today’s Weather

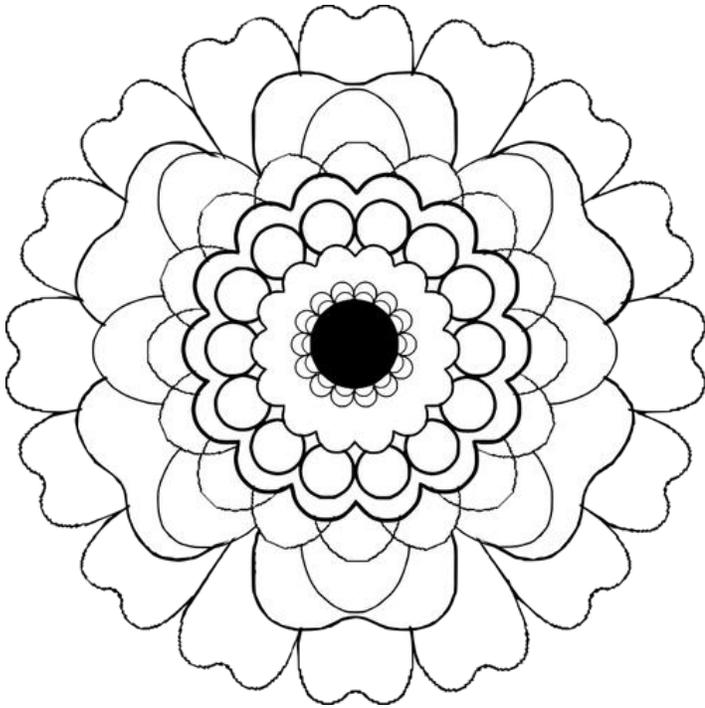


Today I Feel



Today I Learned...

A Thankful Heart



“No one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude.” —Alfred North Whitehead
Tell someone how much they mean to you and how they have helped you along your path to success.

Today I Am Thankful For:

Scripture Reading:

Psalm 30:1-12 (NIV)

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)

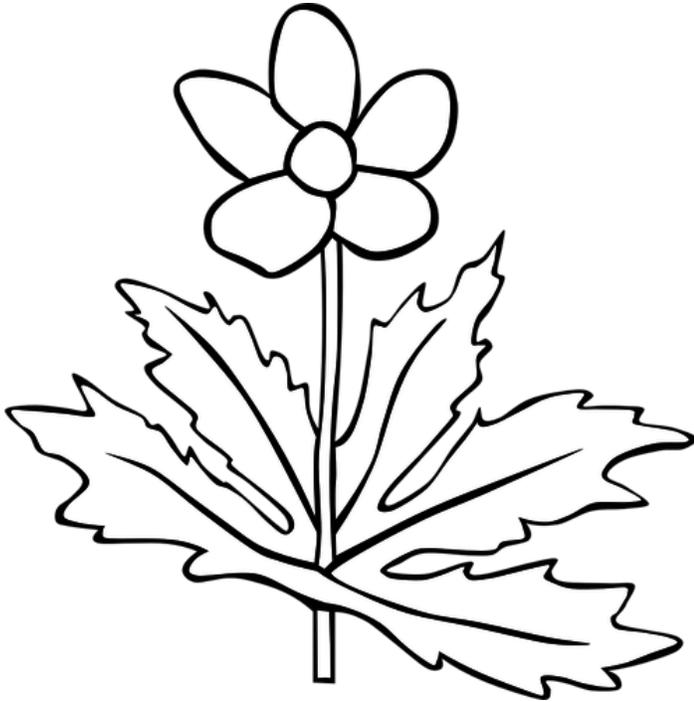
In Jesus’ name, amen.

Give thanks to the Lord, for he is good; his love endures forever.

—Psalm 107:1

Today’s Weather	Circle your choice    
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A Thankful Heart



“Gratitude unlocks all that’s blocking us from really feeling truthful, really feeling authentic and vulnerable and happy.”

—Gabrielle Bernstein

Is something blocking you from really being happy today?

Today I Am Thankful For:

Scripture Reading:

Psalm 34:1-22 (NIV)

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.

always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

—Ephesians 5:20

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A Thankful Heart



"The way to develop the best that is in a person is by appreciation and encouragement." -Charles Schwab
Who can give appreciation and encouragement to that will bless their life today? Be a blessing today!

Today I Am Thankful For:

Scripture Reading:
Psalm 9:1-20 (NIV)

Those who sacrifice thank offerings honor me, and to the blameless I will show my salvation.
—Psalm 50:23

Daily Thankful Prayer:

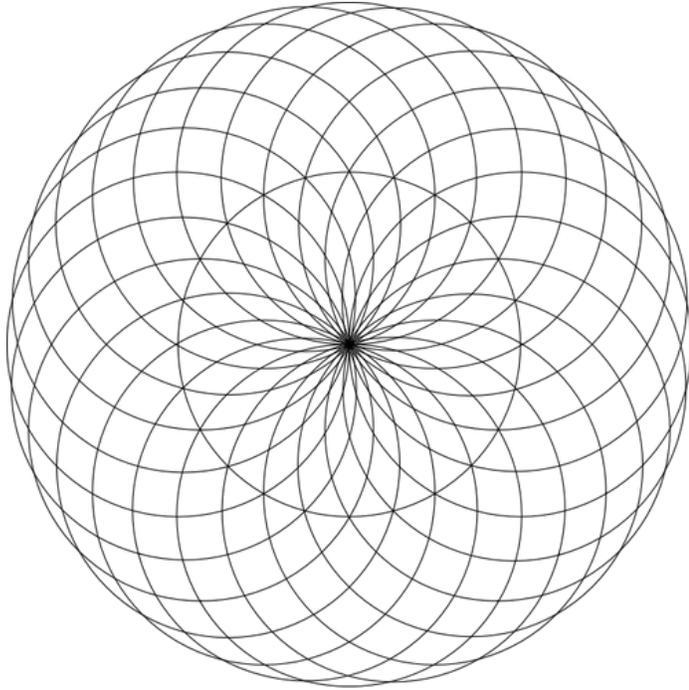
Lord, I have a heart of thanksgiving and praise today. Help me to pray continually and give thanks for all of your blessings.

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.

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Scripture Reading:

Psalm 7:1-17 (NIV)

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.

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." -Albert Schweitzer
Who has helped spark a light in your life lately? Share a light of gratitude with someone today?

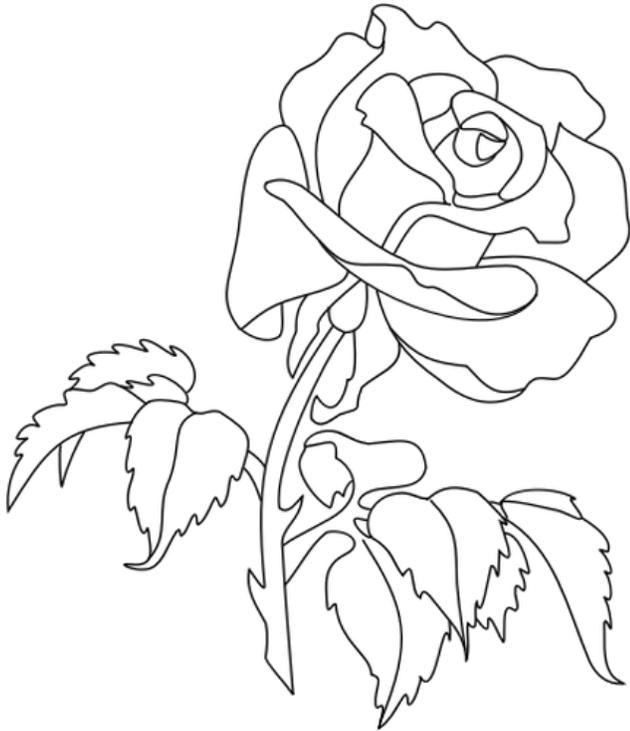
Today I Am Thankful For:

But thanks be to God, who always leads us as captives in Christ's triumphal procession and uses us to spread the aroma of the knowledge of him everywhere.

—2 Corinthians 2:14

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A Thankful Heart



Scripture Reading:
Psalm 121:1-8 (NIV)

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.

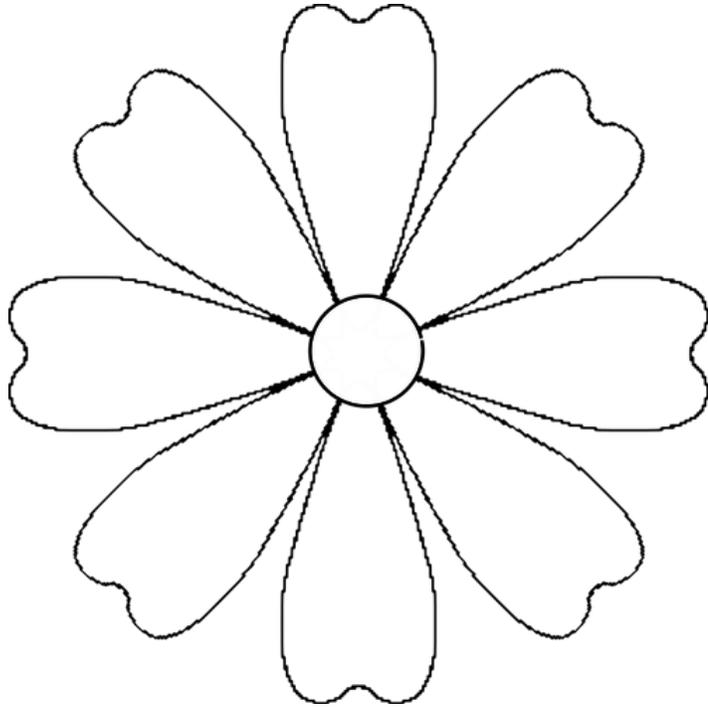
"Acknowledging the good that you already have in your life is the foundation for all abundance." -Eckhart Tolle
Count your many blessings and name them one by one and share some with others.

Today I Am Thankful For:

*Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.
—Lamentations 3:22-23*

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A Thankful Heart



Scripture Reading:

Psalm 4:1-8 (NIV)

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.

"Make it a habit to tell people thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it." -Ralph Marston

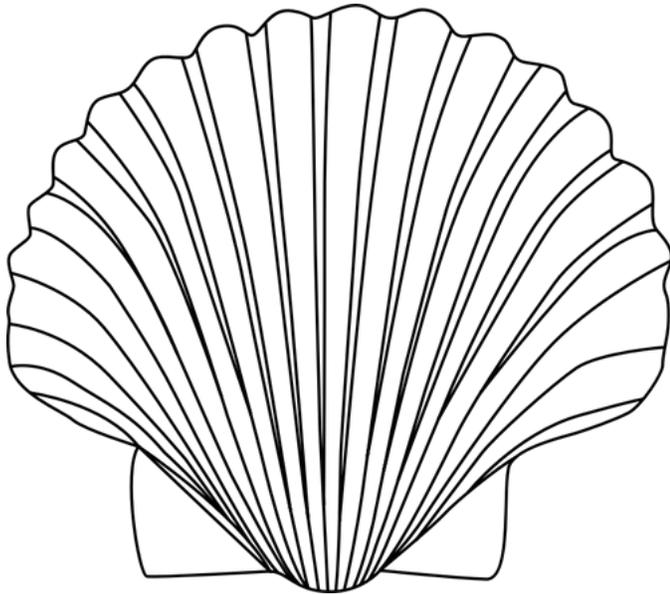
Today I Am Thankful For:

We always thank God for all of you and continually mention you in our prayers.

—1 Thessalonians 1:2

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“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.” – Zig Ziglar

Have an attitude of thankfulness.

Today I Am Thankful For:

Scripture Reading:

Psalm 46:1-11 (NIV)

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)*

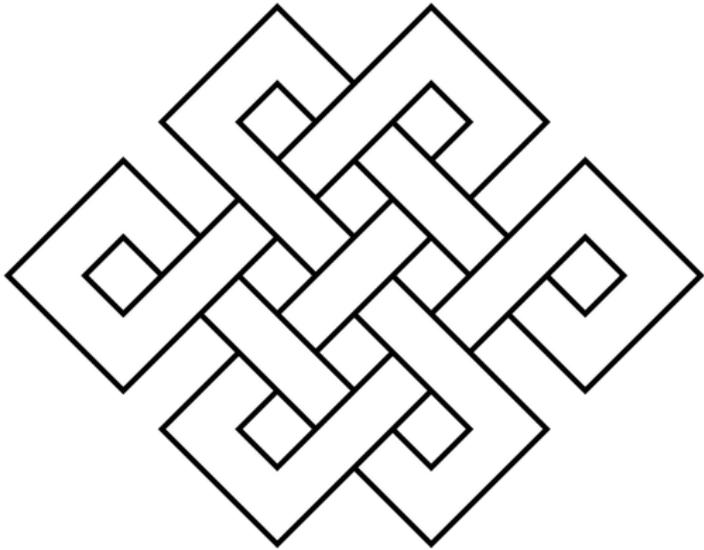
In Jesus’ name, amen.

*You are my God, and I will praise you;
you are my God, and I will exalt you.
Give thanks to the Lord, for he is good;
his love endures forever.*

—Psalm 118:28-29

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A Thankful Heart



Scripture Reading:

Psalm 55:1-22 (NIV)

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.

**“The trick is to be grateful when your mood is high and graceful when it is low.”
– Richard Carlson**

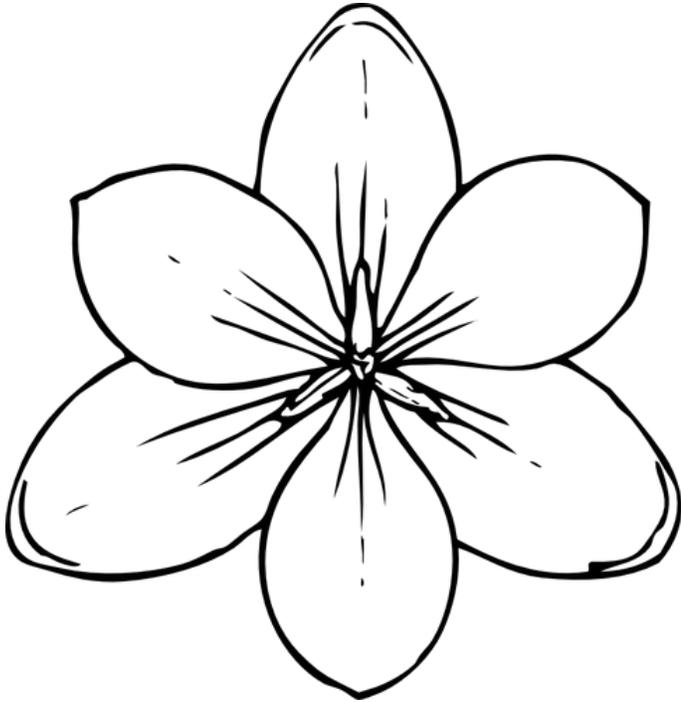
Sometimes we are up and sometimes down but having an attitude of thankfulness is neither up nor down.

Today I Am Thankful For:

*So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
—Isaiah 41:10*

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A Thankful Heart



“Of all the characteristics needed for both a happy and morally decent life, none surpasses gratitude. Grateful people are happier, and grateful people are more morally decent.” – Dennis Prager

A happy heart is like medicine.

Today I Am Thankful For:

Scripture Reading:

Psalm 3:1-8 (NIV)

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.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

—Phillipians 4:6

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A Thankful Heart



Scripture Reading:

Psalm 91:1-16 (NIV)

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.

"There's no happier person than a truly thankful, content person." – Joyce Meyer

Contentment... appreciate the small things in life!

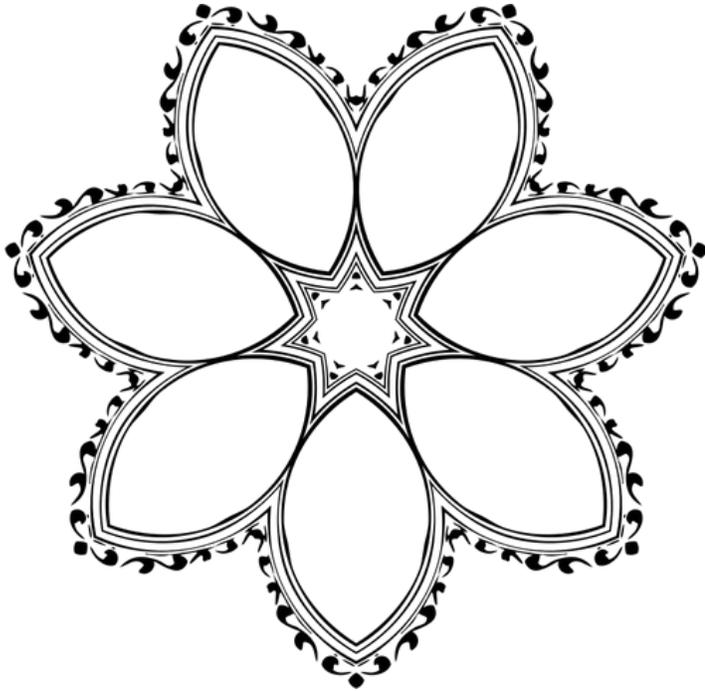
Today I Am Thankful For:

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.

—Colossians 3:16

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A Thankful Heart



“Be true to yourself, help others, make each day your masterpiece, make friendship a fine art, drink deeply from good books – especially the Bible, build a shelter against a rainy day, give thanks for your blessings and pray for guidance every day.” – John Wooden

Today I Am Thankful For:

Scripture Reading:

Psalm 8:1-9 (NIV)

*Give thanks to the Lord, for he is good;
his love endures forever.
—1 Chronicles 16:34*

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.

Circle your choice

Today's Weather

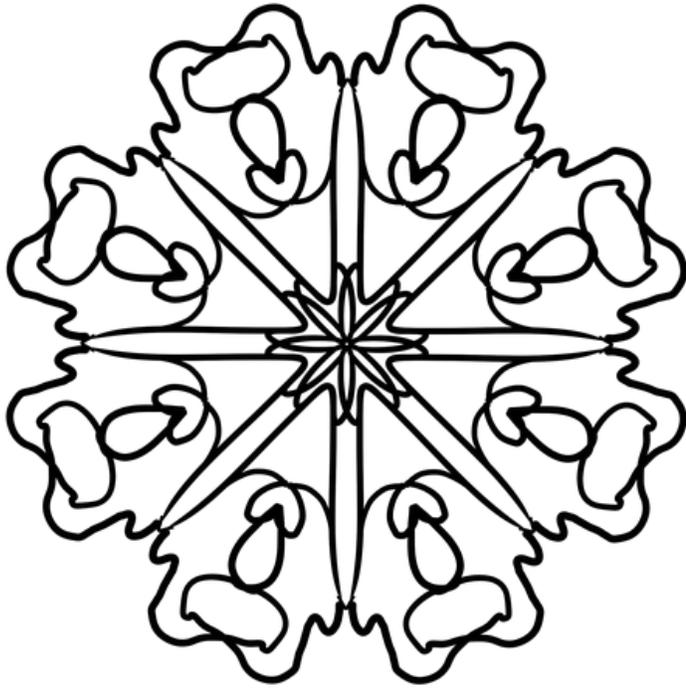


Today I Feel



Today I Learned...

A Thankful Heart



“I’m just thankful for everything, all the blessings in my life, trying to stay that way. I think that’s the best way to start your day and finish your day. It keeps everything in perspective.” – Tim Tebow

Start today with Thankfulness!

Today I Am Thankful For:

Scripture Reading:

Psalm 23:1-6 (NIV)

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)

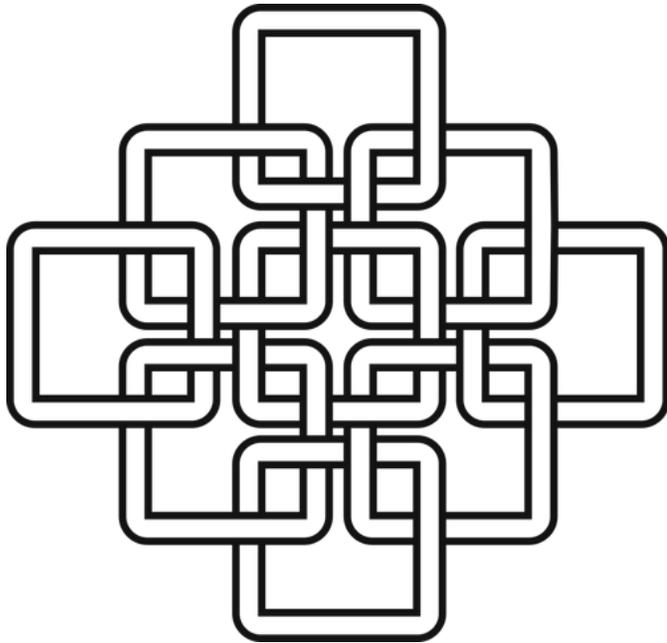
In Jesus’ name, amen.

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.

—Psalm 28:7

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“I am going to spend my time today just thanking the people that played a role in my career, because I truly do believe that I was blessed by a lot of people that paths crossed mine as I went down the road in my career.” – Nolan Ryan

Who do you want to thank today?

Today I Am Thankful For:

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.

—2 Corinthians 9:11

Scripture Reading:

Psalm 20:1-9 (NIV)

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.

Circle your choice

Today’s Weather



Today I Feel



Today I Learned...

A Thankful Heart



“Develop an attitude of gratitude. Say ‘thank you’ to everyone you meet for everything they do for you.” – Brian Tracy

Give thanks!

Today I Am Thankful For:

Scripture Reading:

Psalm 16:1-11 (NIV)

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.

Devote yourselves to prayer, being watchful and thankful.

—Colossians 4:2

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A Thankful Heart



Scripture Reading:

Psalm 107:1-30:1-14 (NIV)

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.

“Choosing to be positive and having a grateful attitude is going to determine how you’re going to live your life.” – Joel Osteen

Choose live a life of gratitude.

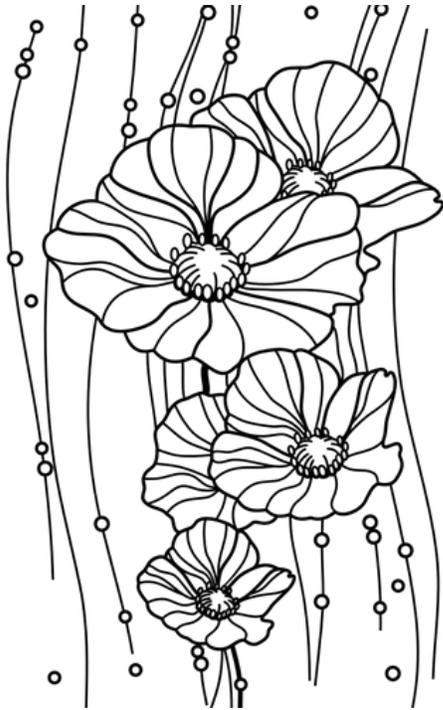
Today I Am Thankful For:

We ought always to thank God for you, brothers and sisters, and rightly so, because your faith is growing more and more, and the love all of you have for one another is increasing.

—2 Thessalonians 1:3

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A Thankful Heart



Scripture Reading:

Psalm 19:1-14 (NIV)

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.

"When you are grateful – when you can see what you have – you unlock blessings to flow in your life." – Suze Orman

filling you with gratitude in your heart.

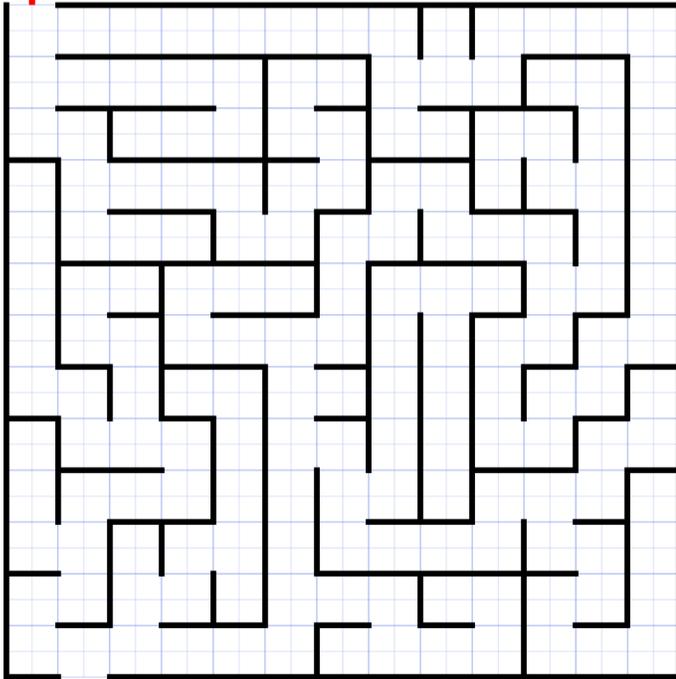
Today I Am Thankful For:

"And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him."

—Colossians 3:17

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A Thankful Heart



“Gratitude is a mark of a noble soul and a refined character. We like to be around those who are grateful.” – Joseph B. Wirthlin

filling you with gratitude in your heart.

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Psalm 19:1-14 (NIV)

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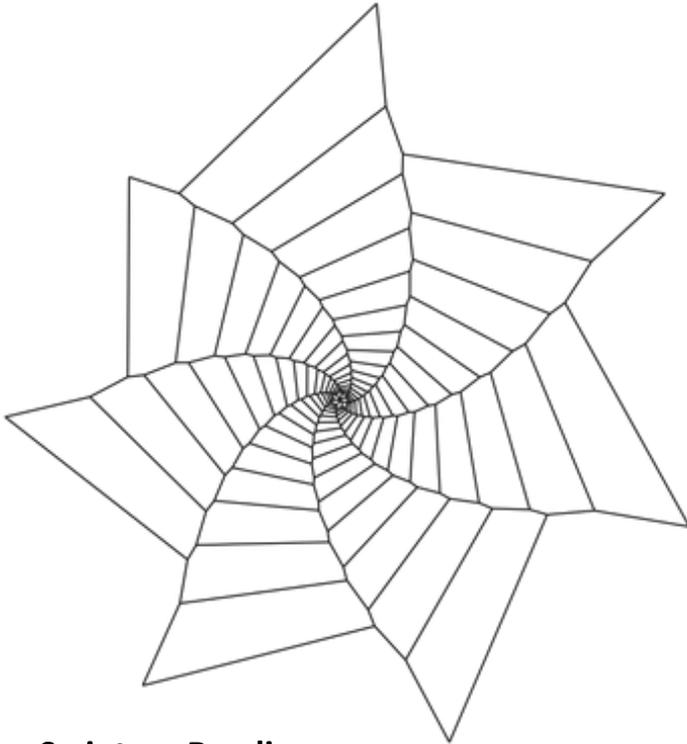
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In Jesus' name, amen.

"Focus on your strengths, not your weaknesses. Focus on your character, not your reputation. Focus on your blessings, not your misfortunes." – Roy T. Bennett

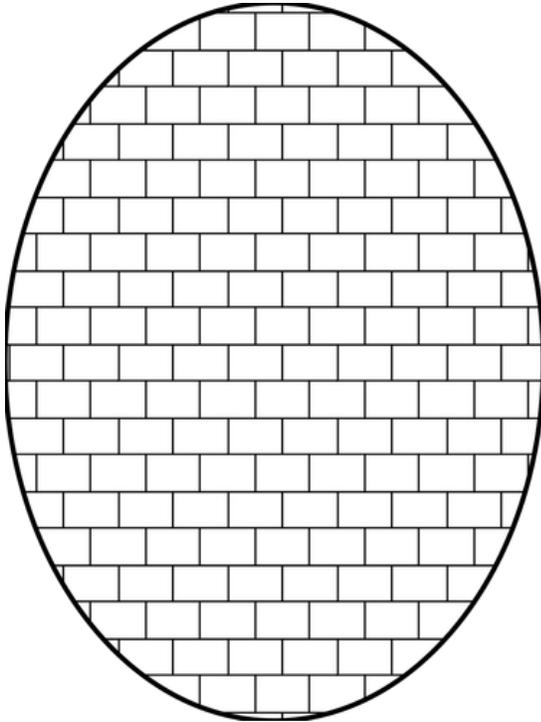
filling you with gratitude in your heart.

Today I Am Thankful For:

*"And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him."
—Colossians 3:17*

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In Jesus' name, amen.

"Life is about accepting the challenges along the way, choosing to keep moving forward, and savoring the journey." – Roy T. Bennett

filling you with gratitude in your heart.

Today I Am Thankful For:

*"And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him."
—Colossians 3:17*

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In Jesus' name, amen.

"A grateful heart is a beginning of greatness. It is an expression of humility. It is a foundation for the development of such virtues as prayer, faith, courage, contentment, happiness, love, and well-being." – James E. Faust

filling you with gratitude in your heart.

Today I Am Thankful For:

"And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him."

—Colossians 3:17

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A Thankful Heart

About the Author



Originally from Harrison, Arkansas. Lana graduated from Ouachita Baptist University with a BA degree in physical education. She worked with many families during the years as a helper and nanny for many children. She has a heart and love for children. She worked as a physical education teacher at Faith Christian School for a year when she moved to Port St. Joe.

After many years of working with children, while living in Port St. Joe, she went back to school and graduated from Kaplan University with her BS degree in information technology and her MS degree in information technology. She is currently working on her PhD in information technology with a specialization in IT education.

Today Lana resides in a small coastal community, loves living by the water and walking on the beach. Her days are centered on her faith, her business www.givingjesus.com and writing her books. Her favorite pastime is coloring and creating her craft projects.

Her favorite quote to live by is “Every strike brings me closer to the next home run” (Babe Ruth).