

Grateful 30 DAYS OF GROWING
IN THANKFULNESS



ALLISON BROST

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“I found my heart encouraged and convicted by Allison’s gentle, biblical, and real-life counsel—showing us that gratitude isn’t just about “thinking positive” but that it’s a posture of the heart”

Sarah Walton

“Through her own grief and personal trials, Allison has built her life on the immovable truth of God’s goodness. Her continual desire to posture herself before God with a grateful heart will be inspiring to all her readers.”

Tabitha Yates

Grateful

30 Days of Growing in Thankfulness

Become more and more grateful each day with the help of this 30-day devotional. Uproot the weeds of discontent and begin to plant daily seeds of thanksgiving that bloom into joy and fulfillment.

When life feels mundane or trials come our way, thanking God for his blessings doesn’t always come naturally. This devotional shows how offering a sacrifice of praise can transform our own outlook on life and remind us of Jesus’ goodness and generosity.

Each devotion begins with a verse on thankfulness and ends with a practical thing to do or pray in response to God’s word.

As readers grow in gratitude, they will experience a deeper sense of peace, contentment, and joy.

About the Author

Allison Brost is the author of *Grateful*, and an independent singer/songwriter from Janesville, WI. She loves to share daily encouragement online for those journeying in their faith at *This Side of Perfect*. Her passion is to share words of hope—both through books and song—that can point people to Jesus and uplift the church. When she's not busy homeschooling her kids or leading worship, you can find her sitting outside, most likely with a cup of tea in hand.



Suggested Interview Questions

1. Why is honesty before the Lord the first step in cultivating thankfulness?
2. How is gratitude an invitation more than an emotion?
3. You mention gratitude as simply a gift that God wants us to receive. What do you mean by that?
4. Why do you think we're tempted to think our lives have to be perfect for God to be present?
5. How does gratitude involve choosing what we see?
6. Why is the power of remembering tied to thankfulness?
7. How does living a hurried life impact our ability to lead grateful lives?
8. Why does gratitude combat fear and anxiety?
9. What is one practical way we can cultivate a heart of contentment that leads to gratitude even if our circumstances are not what we would choose?
10. How can we taste and see that the Lord is good in both physical and spiritual ways?