

Gratitude

JOURNAL



/gra-te-tūd/ the response to a loving God

There are so many things to be thankful for, but we often don't take the time to appreciate them.

Let this journal help you give thanks and express your gratitude. Write out responses to the daily questions and do the daily action steps. If one of the action steps doesn't fit into your schedule, try to do it another day or in another way. The goal is to put gratitude into action!

Share your responses with your family or friends.

When you think about Jesus, what are you most thankful for?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.**ACTION STEP:**

Pray and ask God to help you shift your perspective on gratitude through this series.

What is something positive that happened today that you're thankful for?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. On the left side, there is a vertical margin line, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Read Psalm 95:1-5

**Who is a family member you're thankful for?
Why?**

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Give a sincere compliment to everyone in your home.

11/1

**What is your favorite outdoor activity?
Why are you thankful for it?**

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's part of a bound notebook or folder.**ACTION STEP:**

Go for a walk and admire God's creation.

11/2

What is the best gift you have ever given to someone? Why did you give it to them?

[illegible]**ACTION STEP:**

Take a drink to someone you care about.

[illegible]

Read 1 Thessalonians 5:16-18

[illegible]

Watch a heartwarming movie with loved ones.

Who is someone at Crossroads you are thankful for?

[illegible]

Read Philippians 1:3-6

What is the best thing that has ever happened to you?

[illegible]

Spend 5 minutes in silence reflecting on things you are thankful for in your life.

[illegible]

Do an extra chore or one thing that will make where you live a better place.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Leave a special gift or a thank you note for your postal worker.

[illegible]

*Find something you own to donate.
(Food, clothes, etc)*

[illegible]

Give an extra generous tip to your waiter.

[illegible]

Thank a veteran for their service to our country.

[illegible]

Play a game with someone in your home or with a friend.

What is something about your personality that you like?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Send a card in the mail to a loved one.

**What is something that makes you happy?
Why?**

[illegible]

Read James 1:17

[illegible]

Say a genuine 'thank you' to a drive thru worker.

[illegible]

Send a text to your friend thanking them for their friendship.

11/17

What modern conveniences are you thankful for?

ACTION STEP:

Turn on your faucet, take a drink and thank God for clean, running water.

11/18

What song makes you feel happy?

ACTION STEP:

*Play that song and get up and dance!
Seriously, get up and move!*

What is a mistake or failure you're grateful for?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Read Romans 8:28

**Where is your favorite place to go?
Why?**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Write a note to someone in your family.

**Who makes you feel good about yourself?
What about them are you thankful for?**

[illegible]

Read Philippians 4:4-7

What was the best part of your day?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Leave an encouraging note on someone's car.

What is your favorite holiday? Why?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Read Psalm 28:7

What is your favorite thing to do at home?

[illegible]

Take time to do your favorite thing and invite God to be with you.

11/25

What is one thing you've learned from this gratitude experience?

[illegible]**ACTION STEP:**

Create something to remind you to live a life of gratitude. Display it in a place you'll see each day.

Be thankful
in all circumstances,
for this is God's will for you
who belong to Christ Jesus.
1 Thessalonians 5:18

