



**GRATITUDE
JOURNAL**

Trinity Church

Gratitude Challenge

“Give thanks to the Lord, for He is good; His steadfast love endures forever.”



This Gratitude Journal encourages you to take 15 minutes a day for 21 days to focus on thanksgiving. By making time to complete the gratitude responses you will find your mind more and more attentive to God, to whom we owe thanks for ALL things.



**“GRATITUDE TO GOD IS THE SOIL
IN WHICH ALL OTHER VIRTUES
GROW BEST.”**

DAY 1

Read

“We know that in everything God works for good with those who love him.”
Romans 8:28

“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.”
1 John 5:14

Consider

FAITH STEP: What are some things you are thankful for that have happened in your life this year?

Pray

Thank God for these good things and pray to be open to more good things.

Day 2

Read

“Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to his disciples to distribute to the people. He also divided the two fish among them all. And they all ate and were satisfied.”

Mark 6:41-42

Consider

FAITH STEP: Name things for which you are thankful that God has provided for you this year.

Pray

Thank God for what God has given you.

Day 3

Read

³³ *“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”* **John 16:33**

“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**

Consider

FAITH STEP: Name some sources of peace for which you are thankful for during this past year.

Pray

Pray for more peace in your life. Sit quietly for 5 minutes – be still and know that God is with you.

Day 4

Read

“Life is a shipwreck, but we must not forget to sing in the lifeboats.” **Voltaire**

“You need a power beyond your own.” **Clark Hunt**

Consider

FAITH STEP: Who are the people you are thankful for because they have helped you “sing in the lifeboats”?

Pray

Thank God and pray for blessings upon those people you named.

Day 21

Read

“I truly believe we can either see the connections, celebrate them, and express gratitude for our blessings, or we can see life as a string of coincidences that have no meaning or connection. For me, I’m going to believe in miracles, celebrate life, rejoice in the views of eternity, and hope my choices will create a positive ripple effect in the lives of others. This is my choice.”

Mike Ericksen

Consider

FAITH STEP: Write a prayer of thanksgiving:

Pray

Offer this page to God. Say it three times – each time more slowly than the last.

Day 20

Read

“I have not stopped giving thanks for you, remembering you in my prayers.”
Ephesians 1:16

“The heart that gives thanks is a happy one, for we cannot feel thankful and happy at the same time.”
Douglas Wood

Consider

FAITH STEP: Who are the people you will pray for this week?

Pray

Say a prayer for each person you named.

Day 5

Read

“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.”
Ephesians 1:16

“You are the only you God made...God made you and broke the mold.”
Max Lucado

Consider

FAITH STEP: Name some things that are uniquely you that you are grateful for.

Pray

Thank God for creating you in God’s image and unique in all of creation.

Day 6

Read

“Do all the good you can, by all the means you can, In all the ways you can, In all the places you can, At all the times you can, To all the people you can, As long as ever you can.”

John Wesley

“Gratitude is that ability to experience life as a gift.”

John Ortberg

Consider

FAITH STEP: What blessings have you received that you would like to share with someone else?

Pray

Ask God to show you what good you can do today and to guide you to do it.

Day 19

Read

“We should certainly count out blessings, but we should also make our blessings count.”

Neal A. Maxwell

“It’s a funny thing about life, once you begin to take note of the things you are grateful for, be begin to lose sight of the things you lack.”

Germany Kent

Consider

FAITH STEP: What good have you done or seen others do that you are grateful for?

Pray

Ask God to open your eyes, ears, and heart to what good you can do each day and may the Spirit move you to do it.

Day 18

Read

“Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy.”

Fred De Witt Can Amburgh

“Let gratitude be the pillow upon which you kneel to say your nightly prayer.”

Maya Angelou

Consider

FAITH STEP: Where are some places you can “spend” or show your gratitude?

Pray

Ask God to show you some new places to direct your gratitude.

Day 7

Read

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

Philippians 4:6

“When I started counting my blessings, my whole life turned around.”

Willie Nelson

Consider

FAITH STEP: In what ways has prayer made you less anxious?

Pray

Pray for God to fill you with peace and comfort. Ask God to help you trust in God for all things.

Day 8

Read

“Life isn’t about waiting for the storm to pass. It’s about learning how to dance in the rain.” **Vivian Greene**

“No duty is more urgent than giving thanks.”
Jones Allen

Consider

FAITH STEP: What person(s) for whom you give thanks have learned to “dance in the rain” during times of challenge?

Pray

Ask God to grant you the courage to “dance in the rain”.

Day 17

Read

“Therefore, since we are surrounded by so great a cloud of witnesses, let us run with perseverance the race that is set before us.”
Hebrews 12:1

“We must find time to stop and thank the people who make a difference in our lives.” **John F. Kennedy**

Consider

FAITH STEP: What people who have died have been important to you to remember as you persevered this past year? Why?

Pray

Thank God for the people named above. Ask God to help YOU persevere.

Day 16

Read

“Do not neglect to show hospitality to strangers for thereby some have entertained angels unawares.”

Hebrews 13:2

“Gratitude is not only the greatest of virtues, but the parent of all others.”

Cicero

Consider

FAITH STEP: Who are the people, strangers, or known to you, who, have been something of an “angel” to you this past year?

Pray

Ask God to give you a more generous spirit.

Day 9

Read

“Worry is like a rocking chair it gives you something to do but never gets you anywhere.” **Erma Bombeck**

“I maintain that thanks are the highest form of thought.”
G. K. Chesterton

Consider

FAITH STEP: Who are the people you know that have managed worry well during this past year? How do you think they did it?

Pray

Pray for people in your life who tend to worry a lot.

Day 10

Read

“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”
Colossians 3:17

Consider

FAITH STEP: What are you grateful for that you hear, see, smell, touch/feel and taste?

Pray

Thank God for the blessings of your senses.

Day 15

Read

“I know the plans I have for you” says the Lord. To give you a future and a hope.
Jeremiah 29:11

“Gratitude turns what we have into enough.”

Melody Beattie

Consider

FAITH STEP: What are your thoughts when you read the above, and think about your future, and this past year?

Pray

Ask God to give you peace about the future.

Day 14

Read

“When I consider your heavens, the work of your fingers, the moon, and the stars, which you have set in place, what is humankind that you are mindful of them, human beings that you care for them?” **Psalm 8:3-4**

“I go to nature soothed and healed, and to have my senses put in order.” **John Burroughs**

Consider

FAITH STEP: What creations of God are you grateful for?

Pray

Give thanks to God for all creation, be specific.

Day 11

Read

“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

“O Lord, that lends me life, lend me a heart replete with thankfulness.” **William Shakespeare**

Consider

FAITH STEP: What are some of your favorite hymns, praise songs or spiritual music for which you are thankful? What about them makes you thankful?

Pray

Pray one or two of the songs you have written above. Do this by saying the words very slowly, and direct them to God.

Day 12

Read

“Being listened to is so close to being loved that most people can’t tell the difference.”

**Frank Fowler
& David Ausberger**

“Every act of listening is an act of gratitude that affirms the life vibrating within and around us.” **Paul Hawken**

Consider

FAITH STEP: Who are the people who listen to you carefully, for whom you are very grateful?

Pray

Spend time in silence listening for God. Pray for the ability to be a better listener to certain people near to you.

Day 13

Read

“Do not give up meeting together, but encourage one another.”

Hebrews 10:25

“The thankful heart will find, in every hour, some heavenly blessings.”

Henry Ward Beecher

Consider

FAITH STEP: As you have persevered through a challenging 20 months, what are the moments you are most grateful for?

Pray

Pray for the people you have been seeing outside of your family.