



Gratitude Journals

We thank you, God, we thank you— your Name is our favorite word;
your mighty works are all we talk about. Psalm 75:1 (MSG)

“What if you woke up today with only the things that you thanked God for yesterday?”

Gratitude changes our attitude. It is commanded by God; *“...in everything give thanks, for this is God’s will for you in Christ Jesus,”* (1 Thessalonians 5:18). It improves our spiritual health and well-being. Start your own personal Gratitude Journal, using a blank one you can find at a dollar store or online.

- Choose (or design) a cover image; glue it onto the front of your journal.
- On the first page write the date, “Dear God”, and then tell Him how you plan to be grateful every day. Make this your commitment to be intentional about gratitude.
- On the next page make a list of different categories of things you can be thankful for (people groups, your senses, physical abilities, the seasons, the places you’ve seen, material things, etc.)
- On another page list some “one-word” things you’re grateful for (include the date).
- Find pictures and quotes that express gratitude. Add them to your journal. Write a response to the thought, image, or principle they represent.
- Make an entry every day with several things you’re grateful for. Include photos that represent those things.
- Start each page with the date and an expression of gratitude; “Lord, I’m so thankful today for...”
- Come up with different ways you can express an “attitude of gratitude” in your daily life. Write one as an application each day. For example,
 1. Be more grateful today than you were yesterday.
 2. Think of someone you are grateful for. Write a note of gratitude to that person.
 3. Determine to *say thank you* to as many people, and to God, throughout the day as possible.



100's of things for which to be thankful to God

- My five senses: Sights, sounds, tastes, smells, touches
- Relationships: Friends, family, coworkers, neighbors, teammates, schoolmates, church members, leaders
- Things that come with months, days, weeks, seasons, years (for example, things I'm thankful for about the month of July)
- Things that make me laugh
- Surprises, gifts I've received
- Answered prayers
- Words of encouragement from others, acts of kindness or love
- Fruits of the Spirit I've experienced: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control
- Accomplishments, talents, skills, abilities
- Physical abilities: running, walking, breathing, etc.
- My body: heart, lungs, eyes, fingers, toes, etc.; health and well-being
- Mental abilities: imagination, creativity, intelligence, capacity to learn, ability to dream
- Emotions: joy, laughter, compassion, satisfaction, happiness, love, etc.
- Nature: plants, animals, landscapes, universe/heavens, earth/wind/fire/water
- God's word: verses, promises, truths, commands
- God's intervention in my life: times He has provided, protected, equipped, comforted, healed, forgiven
- Opportunities: ministry, jobs, travel, education, community service
- Experiences: places I've been, life lessons, challenges, learning experiences
- Extra-curricular activities: vacation trips, sports events, entertainment, social gatherings, exercise
- Boundaries of my habitation: the street, community, city in which I live; the state, country, continent
- Material things: home, car, technology, clothes, décor, books, music, luxuries, income, bonuses, gifts
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