

GRATITUDE JOURNALING

"In everything give thanks, for this is God's will for you in Christ Jesus." 1 Thess 5:18

We start this approach to our time with God seeking an understanding of the meaning and the value of gratitude, both from our perspective and from God's. As we begin to appreciate it more, we will find that our enjoyment of it and our desire for it will grow as well.

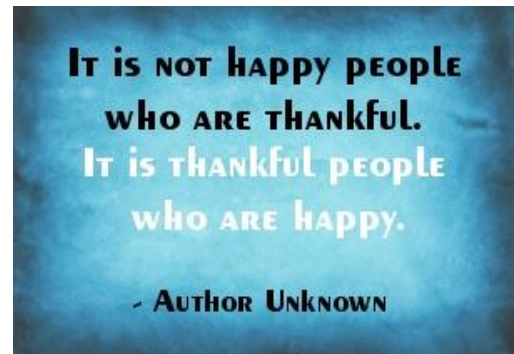
Definition of Gratitude _____

Benefits of Gratitude!

It improves our _____

It improves our _____

It improves our _____



The Focus of our Gratitude:



What if today, we were just grateful for everything?



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There are so many ways to express gratitude; so many things to be thankful for. Rather than get stuck on one method, or limit ourselves to thanking Him for the obvious blessings, we can set up our journals to be creative journeys of gratitude, new every day! Here's what we'll look at:

1. A GRATITUDE COVENANT

Dear God...

2. CATEGORIES OF GRATITUDE

3. QUIPS AND QUOTES

4. ONE-WORD LISTS

5. TODAY'S SPECIAL GIFT

6. YOUR WALK-UP SONG

7. FINGERPRINTS OF GOD