

GRATITUDE JOURNAL

practical skills for living well in God's world.



3:5-6

PROVERBS

lean not on your own understanding



this grateful heart belongs to:

New Life Rule

how we relate to	God	
practice	scripture	prayer
RULE	committed to engaging the story of God and allowing it to transform us	intentionally entering the presence of God where we listen and respond to his voice
how we relate to	self	
practice	sabbath	simplicity
RULE	one day set aside each week for rest, worship and delight	creating space to celebrate contentedness, gratitude and generosity
how we relate to	others	
practice	community	serving
RULE	gathering as the people of God and building bigger tables to practice hospitality	partnering with Jesus to see the kingdom of heaven come to earth

This journal is not meant to be a one-time practice. This is part of New Life's Rule of Life...an intentional rhythm put in place to help us collectively be shaped by Jesus.

The purpose of this journal is two-fold. First, our desire is for you to use these pages to express your daily gratitude back to the Lord. Each day you'll see some prompts to help remind you of all the blessings God had given you.

Second, this journal is intended to help you follow along with the Proverbs Bible Reading Plan, as well as give you space to record the things that God is speaking to your heart through scripture.

PROVERBS READING PLAN

For the month of November, we are challenging you to read through the book of Proverbs which works out to one chapter per day. We encourage you to use the Bible Project Plan in the You Version Bible App...it will help you stay on track, send you reminders, and provide additional devotionals and videos to help you along the way.

SCAN THE CODE WITH YOUR CAMERA APP TO GET STARTED ON THE YOUVERSION READING PLAN!



WHAT TO DO EACH DAY

PROVERBS REFLECTION

Read through the chapter of Proverbs for the day. Spend a few minutes meditating on it. What word or phrase sticks out to you? Record it down. Journal any other thoughts or reflections that God spoke to your heart through his word.

GRATITUDE REFLECTION

List at least three things you are grateful for each day. They can be people, encounters, things, etc. Just maybe don't write down coffee EVERYDAY...

BEST PART OF YOUR DAY

Help yourself be mindful of the small blessings that come your way each day. Depending on what time of day you pick up this journal you can write down something you're looking forward to or something that happened that brightened your day...today or yesterday.



DAY 1



Proverbs Overview

Today I'm grateful for:

The best part of my day:

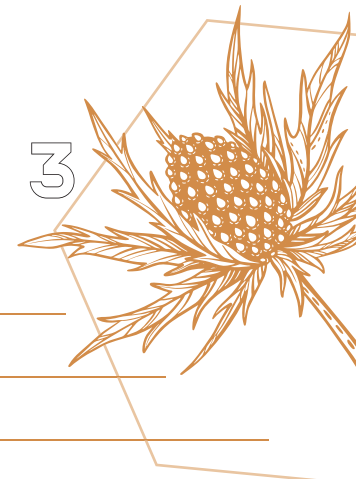


DAY 2

Proverbs One

Today I'm grateful for:

The best part of my day:

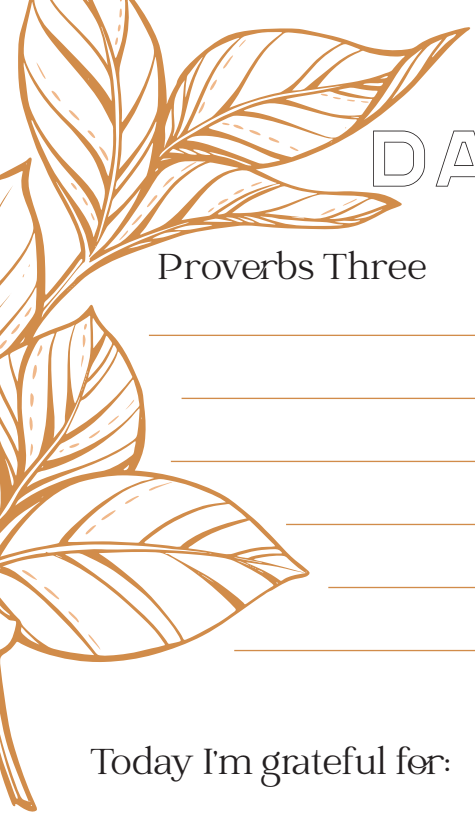


DAY 3

Proverbs Two

Today I'm grateful for:

The best part of my day:



DAY 4

Proverbs Three

Today I'm grateful for:

The best part of my day:



DAY 5

Proverbs Four

Today I'm grateful for:

The best part of my day:





Proverbs Five

Today I'm grateful for:

The best part of my day:



Proverbs Six

Today I'm grateful for:

The best part of my day:



DAY 8

Proverbs Seven

Today I'm grateful for:

The best part of my day:



DAY 9

Proverbs Eight

Today I'm grateful for:

The best part of my day:



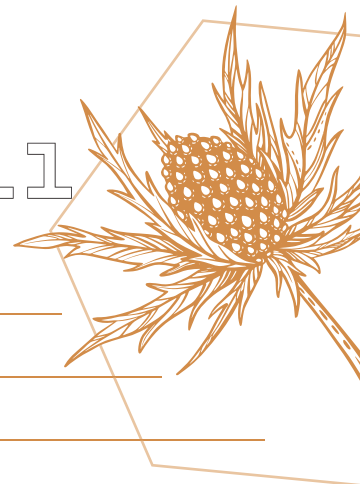


DAY 10

Proverbs Nine

Today I'm grateful for:

The best part of my day:



DAY 11

Proverbs Ten

Today I'm grateful for:

The best part of my day:

DAY 12

Proverbs Eleven

Today I'm grateful for:

The best part of my day:



DAY 13

Proverbs Twelve

Today I'm grateful for:

The best part of my day:



DAY 14

Proverbs Thirteen

Today I'm grateful for:

The best part of my day:



DAY 15

Proverbs Fourteen

Today I'm grateful for:

The best part of my day:



Proverbs Fifteen

Today I'm grateful for:

The best part of my day:



Proverbs Sixteen

Today I'm grateful for:

The best part of my day:





DAY 18

Proverbs Seventeen

Today I'm grateful for:

The best part of my day:



DAY 19

Proverbs Eighteen

Today I'm grateful for:

The best part of my day:

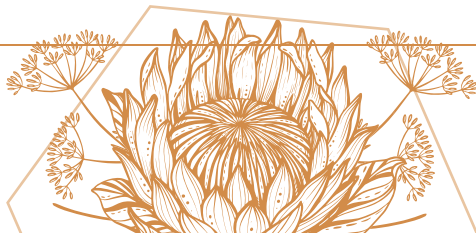


DAY 20

Proverbs Nineteen

Today I'm grateful for:

The best part of my day:



DAY 21

Proverbs Twenty

Today I'm grateful for:

The best part of my day:





DAY 22

Proverbs Twenty-One

Today I'm grateful for:

The best part of my day:



DAY 23

Proverbs Twenty-Two

Today I'm grateful for:

The best part of my day:

DAY 24

Proverbs Twenty-Three

Today I'm grateful for:

The best part of my day:



DAY 25

Proverbs Twenty-Four

Today I'm grateful for:

The best part of my day:



DAY 26

Proverbs Twenty-Five

Today I'm grateful for:

The best part of my day:



DAY 27

Proverbs Twenty-Six

Today I'm grateful for:

The best part of my day:



Proverbs Twenty-Seven

Today I'm grateful for:

The best part of my day:



Proverbs Twenty-Eight

Today I'm grateful for:

The best part of my day:





DAY 30

Proverbs Twenty-Nine

Today I'm grateful for:

The best part of my day:



DAY 31

Proverbs Thirty

Today I'm grateful for:

The best part of my day:



DAY 32



Proverbs Thirty-One

Today I'm grateful for:

The best part of my day:

