

GRATITUDE JOURNAL



signposts in a cynical world



this grateful heart belongs to:

WHAT TO DO EACH DAY

SCRIPTURE REFLECTION

Read the daily suggested scripture. Spend a few minutes meditating on it. How can you allow God's word to realign your heart towards gratitude today? You may also want to physically write out the scripture in your journal or read the whole chapter for context.

GRATITUDE REFLECTION

Gratitude is a very countercultural habit to possess. In a world that can be cynical or prone to offense and complaining, having a heart full of gratitude feels a bit like protest. Spend some time reflecting on God, his love for you, and the richness of life he's calling you to. Feel free to write down a few things you're grateful for each day or reflect on the best part of your day.

ENTER THE GATES WITH THANKSGIVING

Spend time in the presence of the One who is the source of goodness and wholeness in your life. We even curated a "gratitude playlist" on Spotify to help you spend time in worship.

LISTEN ON SPOTIFY



DAY 1

A decorative illustration of a flowering branch, possibly cherry blossoms, in a light brown color. The branch curves upwards and to the right, adorned with several five-petaled flowers and buds. A large, stylized number '1' is positioned to the left of the branch, partially overlapping it. The background features faint, horizontal, wavy lines.

[illegible]



Above all, clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts.

For as members of one body you are called to live in peace. And always be thankful. Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.

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I always thank my God for you and for the gracious gifts he has given you, now that you belong to Christ Jesus. Through him, God has enriched your church in every way—with all of your eloquent words and all of your knowledge. This confirms that what I told you about Christ is true.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Since everything God created is good, we should not reject any of it but receive it with thanks. For we know it is made acceptable by the word of God and prayer.

DAY 5

1 THESSALONIANS 5:16-22

Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. Do not stifle the Holy Spirit. Do not scoff at prophecies, but test everything that is said. Hold on to what is good. Stay away from every kind of evil.





Devote yourselves to prayer with an alert mind and a thankful heart....

Let your conversation be gracious and attractive so that you will have the right response for everyone.

This image shows a single 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 or other markings on the paper.



Praise the Lord! For he has heard my cry for mercy. The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.

A decorative illustration of a wheat stalk with a hexagonal frame. The wheat stalk is shown in a golden-brown color, with a stem and several heads of grain. A hexagonal frame is drawn around the lower part of the stalk, and a horizontal line extends from the left side of the frame.

DAY 8


PHILIPPIANS 4:4-7

Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.



A stylized orange line drawing of a flowering branch, possibly cherry blossoms, with many small blossoms. The branch is positioned diagonally across the page. The background features horizontal lines and a large circle, creating a decorative frame for the illustration.

Make thankfulness your sacrifice to God, and keep the vows you made to the Most High. Then call on me when you are in trouble, and I will rescue you, and you will give me glory."



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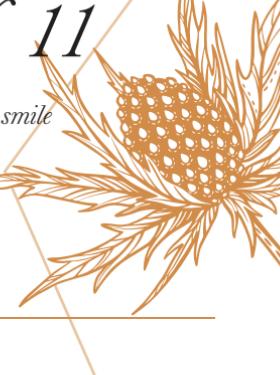
2 CORINTHIANS 9:10-12

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Many people say, “Who will show us better times?” Let your face smile on us, Lord. You have given me greater joy than those who have abundant harvests of grain and new wine. In peace I will lie down and sleep, for you alone, O Lord, will keep me safe.

[illegible]



So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.

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DAY 13

HEBREWS 12:28-29

Since we are receiving a Kingdom that is unshakable, let us be thankful and please God by worshiping him with holy fear and awe. For our God is a devouring fire.





DAY 15

Then I will praise God's name with singing, and I will honor him with thanksgiving. For this will please the Lord more than sacrificing cattle, more than presenting a bull with its horns and hooves. The humble will see their God at work and be glad. Let all who seek God's help be encouraged.

A decorative illustration of a wheat stalk, rendered in a light brown color. The stalk is positioned vertically on the right side of the page. A hexagonal frame is superimposed over the lower portion of the stalk, with its top and bottom edges aligned with the horizontal lines of the text area. The wheat stalk features a series of leaves and a cluster of grain heads at the bottom.

DAY 16

PSALM 89:1-2

I will sing of the Lord's unfailing love forever! Young and old will hear of your faithfulness. Your unfailing love will last forever. Your faithfulness is as enduring as the heavens.



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A decorative illustration in a light brown or tan color. It features a branch with several five-petaled flowers and buds. A large, thin circle is positioned behind the branch, and two horizontal lines are drawn below it.

Acknowledge that the Lord is God! He made us, and we are his. We are his people, the sheep of his pasture. Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name. For the Lord is good. His unfailing love continues forever, and his faithfulness continues to each generation.

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COLOSSIANS 2:6-7

And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.

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. In the top-left corner, there is a decorative orange swirl or flourish. The paper appears to be part of a notebook or a set of stationery.

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Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow. He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession.

This image shows a blank sheet of white paper with horizontal blue ruling lines. A single vertical red margin line runs down the right side of the page. The top right corner features a small graphic element consisting of two overlapping translucent shapes, one light blue and one light green, forming a stylized corner or tab design.

HEBREWS 4:15-16



DAY 21

PSALM 118:22-24

The stone that the builders rejected has now become the cornerstone. This is the Lord's doing, and it is wonderful to see. This is the day the Lord has made. We will rejoice and be glad in it.





EPHESIANS 5:17-20

Don't act thoughtlessly, but understand what the Lord wants you to do. Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. And give thanks for everything to God the Father in the name of our Lord Jesus Christ.

This image shows a single 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 or other markings on the paper.



But thank God! He has made us his captives and continues to lead us along in Christ's triumphal procession. Now he uses us to spread the knowledge of Christ everywhere, like a sweet perfume. Our lives are a Christ-like fragrance rising up to God.

A decorative illustration in the right margin of the page. It features a stylized wheat stalk with a long, thin stem and a head of wheat. The wheat head is composed of several small, rounded grains. The entire illustration is rendered in a light brown or tan color. To the left of the wheat stalk is a large, light-colored hexagonal shape, which appears to be a watermark or a decorative element. The hexagon is oriented with one of its vertices pointing towards the top right. The background of the page is a light cream or off-white color.

DAY 24

PSALM 138:1-3

I give you thanks, O Lord, with all my heart; I will sing your praises before the gods. I bow before your holy Temple as I worship. I praise your name for your unfailing love and faithfulness; for your promises are backed by all the honor of your name. As soon as I pray, you answer me; you encourage me by giving me strength.



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A decorative illustration in a light brown or tan color. It features a flowering branch with several five-petaled blossoms and buds, extending from the bottom right towards the top left. A large, thin circle is positioned behind the branch, partially overlapping it. Below the circle, there are two horizontal lines. The number '25' is prominently displayed in a large, elegant serif font on the left side of the page.

All of this is for your benefit. And as God's grace reaches more and more people, there will be great thanksgiving, and God will receive more and more glory. That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won't last very long.

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1 CORINTHIANS 15:56-58

For sin is the sting that results in death, and the law gives sin its power. But thank God! He gives us victory over sin and death through our Lord Jesus Christ. So, my dear brothers and sisters, be strong and immovable. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless.

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. In the top-left corner, there is a small, stylized orange graphic that resembles a flame or a leaf. The paper appears to be part of a notebook or a set of stationery.

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I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. This is good and pleases God our Savior;

[illegible]



By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence. And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires. In view of all this, make every effort to respond to God's promises.



ROMANS 3:23-25

For everyone has sinned; we all fall short of God's glorious standard. Yet God, in his grace, freely makes us right in his sight. He did this through Christ Jesus when he freed us from the penalty for our sins. For God presented Jesus as the sacrifice for sin. People are made right with God when they believe that Jesus sacrificed his life, shedding his blood.





The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name.

This image shows a single 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.

