A GIFT OF GRATITUDE

THE Season of Thanks

A GRATITUDE JOURNAL

"O give thanks unto the Lord; for he is good:
for his mercy endureth for ever."



SERENE CONFIDENCE

WELCOME

This little journal is a *gift* and an invitation.

Thanksgiving is more than a date on the calendar. It is a posture of the heart, one we can practice, gently, day by day. This journal was created to help you slow down through the days and seasons of life, and notice the goodness that is already woven into your ordinary days.

How to use it

1 · Start anywhere. The 30 prompts on the next pages are a guide, not a rulebook. Skip around. Repeat the ones that stay with you.

2· Print more if you need them. The writing pages are designed to be printed as many times as you like — one for each day, or just the ones you reach for.

3 · No perfect answers. “My morning tea” counts. “The way the light comes through the kitchen window” counts. Small things, faithfully noticed, are the whole point.

> *“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”*
>
> 1 THESSALONIANS 5 :18

A WORD BEFORE YOU BEGIN

Why write it *down?*

A thanked life is not a luckier life, it is a more *noticed* one. When gratitude moves from a feeling to a pen, something changes: the day is re-read, and the ordinary begins to look like evidence.

Writing slows the thought down long enough for the heart to catch up with it. A list of three things, written by hand on an unremarkable Tuesday, becomes a small altar — a marker that says: *God was good here, and I saw it.*

> *"Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name."*
>
> PSALM 100 : 4

Over the next thirty days you will not be asked to manufacture joy. You will simply be asked to look. Some days the looking will be easy; some days it will be obedience. Both kinds of entries belong in these pages.

> *"It is a good thing to give thanks unto the Lord."*
>
> PSALM 92 : 1

THE PROMPTS

Thirty days of *thankfulness*

One prompt for 30 days. Use them in order, or let each day pick its own.

01 Something small this morning that made you smile.

THE ORDINARY

02 A person you have never thanked properly.

PEOPLE

03 A sound you love to hear.

THE SENSES

04 A place that feels like refuge.

PLACES

05 A hard thing from this year that taught you something.

GROWTH

06 Something in your home that quietly serves you every day.

THE ORDINARY

07 A memory you would relive exactly as it happened.

MEMORY

08 A gift of nature you saw this week.

CREATION

09 Something about your body you are learning to be grateful for.

SELF

10 A meal that felt like love.

THE SENSES

11 Someone who believed in you before you did.

PEOPLE

12 A scripture or verse that has carried you.

FAITH

13 A skill or ability you once took for granted.

SELF

14 Something you own that cost little and means much.

THE ORDINARY

15 Halfway mark — write the three best words of this month so far.

REFLECTION

"Bless the Lord, O my soul: and all that is within me, bless his holy name."

PSALM 103 : 1

16 An answered prayer — recent, or long ago.

FAITH

17 A teacher, mentor, or voice that shaped you.

PEOPLE

18 Something autumn does that no other season can.

CREATION

19 A freedom you enjoy that others before you paid for.

GRACE

20 A small act of kindness you witnessed (gave, got, or saw).

PEOPLE

21 Something that made you laugh until it healed something.

JOY

22 A tradition — inherited or invented — that you love.

MEMORY

23 Something you once prayed for and now live inside of.

FAITH

24 A book, song, or sermon that arrived at the right time.

GRACE

25 A quiet hour you had this week.

THE ORDINARY

26 Someone who makes your work or home lighter.

PEOPLE

27 A smell that brings a good place back to you.

THE SENSES

28 A weakness God has been gentle with.

GRACE

29 At Thanksgiving: one face you will look for around the table.

PEOPLE

30 Look back over these pages — what kept repeating itself? Write it as a sentence of praise.

REFLECTION

DAY ONE · _____

Today I am thankful

"Every good gift and every perfect gift is from above." — James 1 : 17

Three gifts of this day

A moment I want to remember

Where I saw grace today

DAY TWO · _____

Gathered mercies

"His compassions fail not. They are new every morning." — Lamentations 3 : 22–23

Mercies that were new this morning

Someone I am grateful for, and why

A prayer of thanks, in my own words

DAY THREE · _____

The overlooked

"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God." — Philippians 4 : 6

Three ordinary things I usually walk past

What worry gave way to thankfulness today

One line I would frame from today

DAY FOUR · _____

People of my days

"I thank my God upon every remembrance of you." — Philippians 1 : 3

Names on my gratitude list tonight

A kindness I received and never repaid

Grace for the day ahead

A thank-you I could still send

DAY FIVE · _____

Even this

"And we know that all things work together for good to them that love God." — Romans 8 : 28

A hard thing I can still give thanks within

What it taught me, or who it brought me

FOR THE TABLE

Thanksgiving *Day*

> *"O give thanks unto the Lord, for he is good: for his mercy endureth for ever."*
> *— Psalm 107 : 1*

The faces around my table this year

What I am most thankful for this year — one thing, held long

A memory being made today

May your table be loud, your heart be soft, and your thanks be long.

LOOKING BACK

End-of-month *reflection*

The thread that ran through this month

Three ways I changed, even slightly

A thanks I want to carry into next year

Anything else this season leaves with me

UNTIL NEXT YEAR

“Gratitude turns what we have into enough.”

Thank you for allowing this little journal to be part of your journey. If it blessed you, it was made to be shared, pass it on freely to a friend, a brother/sister, a neighbor, a whole Bible study group. Re-print the writing pages as often as you like, for as many days as you like.

You are welcome to: print this journal, use it personally, gift it, and share the file unchanged with others.

Please don’t: sell it, claim it as your own, or use it commercially without permission.

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Season *of* Thanks

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