


Introduction



Welcome to **Autumn Gratitude by Design**.

This journal begins with a simple truth: God does not command gratitude to burden us, but to transform us.

When Scripture says,



*“In everything give thanks; for this is the will of God in
Christ Jesus for you”*

1 Thessalonians 5:18

it is not offering empty advice. It is revealing a pathway. God, who designed the heart and mind, knows that gratitude changes us.

Many people live in patterns they did not choose. Anxiety repeats itself. Complaint becomes automatic. Fear grows loud. Discontent settles in quietly. Over time, these responses can feel natural—even permanent.

But they are not.



*God created the mind to be renewed. Scripture declared
this long ago: "Be transformed by the renewing of your
mind"*

Romans 12:2

What we repeatedly focus on shapes what becomes familiar. What becomes familiar becomes easier to return to.

This is one reason gratitude matters so deeply.

When you choose to thank God in ordinary days, hard seasons, unanswered questions, and unfinished stories, something begins to shift. Perspective widens. Complaint loosens its grip. Fear loses some of its authority. The heart softens.

And beneath all of that, something deeper is happening:

God is changing you through obedience.

Gratitude is not pretending pain is pleasant. It is not denying grief, hardship, or loss. Biblical gratitude can stand beside tears. It can breathe inside uncertainty.

This journal is not asking you to call evil good.

It is inviting you to remember that **God is still good, even when life is hard.**

That kind of gratitude does more than improve mood. It forms character. It builds resilience. It strengthens faith. It creates steadiness. It turns the heart toward worship.





Day 1



“This is the day the Lord has made; we will rejoice and be glad in it.”

—Psalm 118:24

When stress rises, the mind often narrows to what is wrong. Gratitude widens your view and helps you notice what is still good today.

- What is one good thing already present in this day?

- What feels steady right now?

- What can you thank God for before anything changes?



Day 2



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

Many gifts arrive quietly—through routines, people, shelter, food, and strength for another day. Gratitude trains you to notice what has become ordinary.

- What blessing have you recently treated as normal?

- What daily provision deserves fresh thanks today?

- How has God cared for you in practical ways?



Day 3



“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.”

—Philippians 4:6

Thanksgiving does not erase concerns. It helps calm the mind while placing those concerns in God’s hands.

- What worry feels loud today?

- What can you thank God for in the middle of that concern?

- What would it look like to release one part of it to Him?



Day 4



*“Bless the Lord, O my soul, and forget not all His
benefits.”*

—*Psalm 103:2*

The mind remembers pain easily and blessings poorly. Gratitude strengthens healthy memory by recalling what God has already done.

- What prayer has God answered in the past?

- What season did He carry you through?

- What past mercy can steady you today?
