

7 Days of Gratitude Guide



For prayer and more inspiration, visit www.redeemersternacle.com



Day 1 Grateful for Health

Prayer: Thank You for the breath in my lungs and the strength in my body.

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

- 3 John 1:2

Day 2 Grateful for Family

Prayer: Father, I am grateful for the love and support of my family.

Children are a heritage from the Lord, offspring a reward from him.

- Psalms 127:3



Day 3 Grateful for Friends

Prayer: Lord, thank You for friends who encourage and uplift me.

A friend loves at all times, and a brother is born for a time of adversity.

- Proverbs 17:17





Day 4 Grateful for God's Word

Prayer: Thank You for the guidance
of Your word.

*Your word is a lamp to my feet and a
light to my path.*

- Psalm 119:12

Day 5 Grateful for Prayer

Prayer: Lord, I thank You and praise
You for hearing and answering my
prayers.

*Before the call, I will answer; while they
are still speaking, I will hear.*

- Isaiah 65:24



Day 6 Grateful for Work

Prayer: Lord, I appreciate the skills
and opportunities You have given me.

*And whatsoever ye do, do it heartily,
as to the Lord, and not unto men.*

- Colossians 3:23



Day 7 Grateful for Eternal Life

Prayer: Lord, I thank You for the promise
of eternity with You.

*And this is the testimony: God has given us eternal
life, and this life is in his Son.*

- 1 John 5:11



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