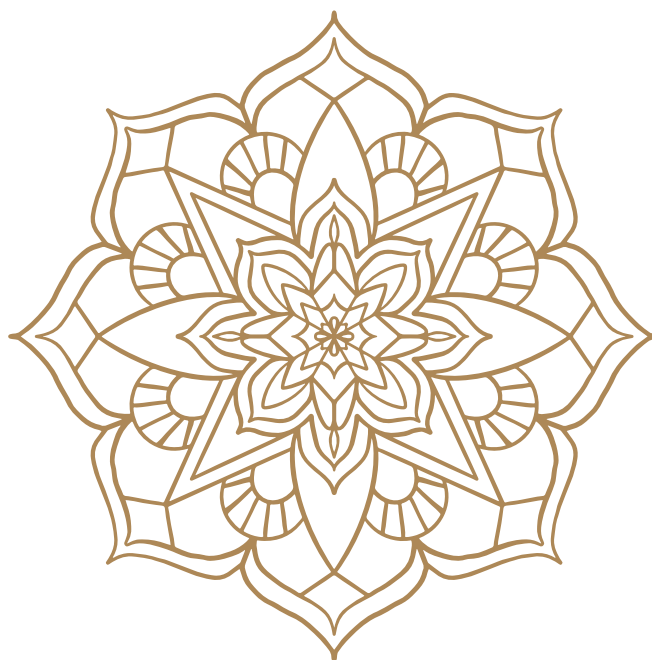


21
Day
Gratitude
Journal





This journal belongs to:

Year:





Opening

Welcome to a new adventure in living a grateful life.
The art of gratitude is a key component of a happy life.

Joy comes from the Lord and His desire is for you to
have the fullness of joy through Him by sitting in His presence.
Happiness, real joy, can become a habit if practiced.

I invite you to practice the art of

GRATITUDE.

"You will make known to me the path of life;
In Your presence is fullness of joy;
In Your right hand there are pleasures forever."
Psalm 16:11

How to make the most of your Gratitude Journal:

- Take your time when journaling.
- Find a quiet spot.
- Invite the Holy Spirit into your time.
- Be thoughtful as you write.
- Commit to journal daily for 3 weeks briefly in the morning to plan your day and again briefly in the evening to recap your day.
- Then take stock and see how God has changed your heart.





Daily Gratitude

Day 1 Date: _____

Today I will spread kindness by...

One positive experience I had today was...

3 things I'm grateful for today are...

"Gratefulness is a habit."





Daily Gratitude

Day 2 Date: _____

Today I will spread kindness by...

One positive experience I had today was...

3 things I'm grateful for today are...

"Do not grieve, for the joy of the LORD is
your strength."

Nehemiah 8:10





Daily Gratitude

Day 3 Date: _____

Today I will spread kindness by...

One positive experience I had today was...

3 things I'm grateful for today are...

"But the fruit of the Spirit is love, JOY, peace, forbearance, kindness, goodness, faithfulness."

Galatians 5:22





Daily Gratitude

Day 4 Date: _____

Today I will spread kindness by...

One positive experience I had today was...

3 things I'm grateful for today are...

"But thanks be to God. He gives us
the victory through our
Lord Jesus Christ."

1 Corinthians 15:57





Daily Gratitude

Day 5 Date: _____

Today I will spread kindness by...

One positive experience I had today was...

3 things I'm grateful for today are...

"Rejoice always. pray continually. give thanks in all circumstances; for this is God's will for you in Christ Jesus."

1 Thessalonians 5: 16-18





Daily Gratitude

Day 6 Date: _____

Today I will spread kindness by...

One positive experience I had today was...

3 things I'm grateful for today are...

"Serve the LORD with gladness;
come before His presence with singing."

Psalm 100:2





Daily Gratitude

Day 7 Date: _____

Today I will spread kindness by...

One positive experience I had today was...

3 things I'm grateful for today are...

"And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful."

Colossians 3:15





Daily Gratitude

Day 8 Date: _____

Today I will spread kindness by...

One positive experience I had today was...

3 things I'm grateful for today are...

"And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him."

Colossians 3:17





Daily Gratitude

Day 9 Date: _____

Today I will spread kindness by...

One positive experience I had today was...

3 things I'm grateful for today are...

"Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change."

James 1:17





Daily Gratitude

Day 10 Date: _____

Today I will spread kindness by...

One positive experience I had today was...

3 things I'm grateful for today are...

"Let not your hearts be troubled.
Believe in God; believe also in Me."

John 14:1





Daily Gratitude

Day 11 Date: _____

Today I will spread kindness by...

One positive experience I had today...

3 things I'm grateful for today are...

"I will give to the Lord the thanks due to His righteousness, and I will sing praise to the name of the Lord, the Most High."

Psalm 7:17





Daily Gratitude

Day 12 Date: _____

Today I will spread kindness by...

One positive experience I had today...

3 things I'm grateful for today are...

"The Lord is my strength and my shield; in Him
my heart trusts, and I am helped; my heart
exults, and with my song I give thanks to Him."

Psalm 28:7





Daily Gratitude

Day 13 Date: _____

Today I will spread kindness by...

One positive experience I had today...

3 things I'm grateful for today are...

"I will bless the Lord at all times; His
praise shall continually be in my mouth."

Psalm 100:2





Daily Gratitude

Day 14 Date: _____

Today I will spread kindness by...

One positive experience I had today...

3 things I'm grateful for today are...

"Oh magnify the Lord with me, and let
us exalt His name together!"

Psalm 34:3





Daily Gratitude

Day 15 Date: _____

Today I will spread kindness by...

One positive experience I had today...

3 things I'm grateful for today are...

"Because your steadfast love is better than life, my lips will praise you. So I will bless you as long as I live; in your name I will lift up my hands."

Psalm 63:3&4





Daily Gratitude

Day 16 Date: _____

Today I will spread kindness by...

One positive experience I had today...

3 things I'm grateful for today are...

"Shout for joy to God, all the earth; sing
the glory of His name; give to Him
glorious praise."

Psalm 66:1&2





Daily Gratitude

Day 17 Date: _____

Today I will spread kindness by...

One positive experience I had today...

3 things I'm grateful for today are...

"Praise the Lord! Oh give thanks to the
Lord, for He is good, for His steadfast
love endures forever!"

Psalm 106:1





Daily Gratitude

Day 18 Date: _____

Today I will spread kindness by...

One positive experience I had today...

3 things I'm grateful for today are...

"Then Noah built an altar to the Lord and took some of every clean animal and some of every clean bird and offered burnt offerings on the altar."

Genesis 8:20





Daily Gratitude

Day 19 Date: _____

Today I will spread kindness by...

One positive experience I had today...

3 things I'm grateful for today are...

"Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus' feet, giving Him thanks...Then Jesus answered, "Were not ten cleansed? Where are the nine?"

Luke 17:15-17





Daily Gratitude

Day 20 Date: _____

Today I will spread kindness by...

One positive experience I had today...

3 things I'm grateful for today are...

"And leaping up he stood and began to walk,
and entered the temple with them, walking
and leaping and praising God."

Acts 3:8





Daily Gratitude

Day 21 Date: _____

Today I will spread kindness by...

One positive experience I had today...

3 things I'm grateful for today are...

"I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds."

Psalm 9:1





Finale

Day 22 Date: _____

Write a prayer of thanksgiving to the Lord:

Someone I know once said, "Contentment comes from gratitude in the heart, not wealth in the hand. Gratefulness turns whatever we have into enough." If you have the Lord, you have enough.

1 Timothy 6: 6&7 says, "But godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world."

I hope you will continue your Gratitude Journey. Find people that are satisfied, content souls and hang out with them. Be happy together.

Blessings to you,
Roxanne

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