Gratitude in the Trenches

Gratitude won't fix what's hard. But naming one good thing can steady you in a shaky moment — it pulls your eyes back to what's true right now. Use this page daily, or whenever you need an anchor.

> Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.
>
> — 1 Thessalonians 5:18 (NLT)

One thing I saw today that I would've missed if I wasn't looking:

Someone who showed up for me lately:

A small comfort I'm thankful for right now:

Something about today that wasn't terrible:

One thing I'm trusting God with:

You don't have to feel grateful to practice gratitude. Just start with one thing.

© 2026 CH Kimmie. All rights reserved. For personal use only.