

4 Week Gratitude Journal



The response of gratitude leads to
the habit of happiness.

Psalm 103:1-5 (ESV)

Bless the LORD, O my soul,
and all that is within me,
bless his holy name!

² Bless the LORD, O my soul,
and forget not all his benefits,
³ who forgives all your iniquity,
who heals all your diseases,

⁴ who redeems your life from the pit,
who crowns you with steadfast love and mercy,
⁵ who satisfies you with good
so that your youth is renewed like the eagle's.

Week 1

Shout with joy to the LORD, all the earth!

² Worship the LORD with gladness. Come before him, singing with joy. ³ Acknowledge that the LORD is God! He made us, and we are his. We are his people, the sheep of his pasture.

⁴ Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name. Psalm 100:1-4 (NLT)

I'M GRATEFUL FOR...

PRAYER OF GRATITUDE...

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Week 2

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

I'M GRATEFUL FOR...

PRAYER OF GRATITUDE...

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Week 3

Give thanks to the LORD, for he is good!
His faithful love endures forever.
Psalm 107:1 (NLT)

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Week 4

But thank God! He has made us his captives and continues to lead us along in Christ's triumphal procession. Now he uses us to spread the knowledge of Christ everywhere, like a sweet perfume. 2 Corinthians 2:14 (NLT)

I'M GRATEFUL FOR...

PRAYER OF GRATITUDE...

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Philippians 4:4-7 (NLT)

⁴ Always be full of joy in the Lord.
I say it again—rejoice!

⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

GRATITUDE

The natural expression
of thanks in response to
blessings, protection, or love.