



my 10-day *gratitude journal*



This season is all about *thankfulness*. It can be easy to get caught up in the hustle and hurry, but Scripture reminds us to praise God and thank Him for all that He has done, is doing, and will continue to do.

For the next ten days, take a few moments to reflect and record what you are grateful for. It's our hope and prayer that this practice will both challenge and encourage you as you shift your focus away from worry and back toward the Giver of *all good things*.

Try to slow down a little today. Keep your eyes open. Look around you, look up, look into the eyes of the people you pass, look at the grass growing or the flowers blooming or the autumn leaves falling. *Take time to notice* and appreciate the beauty of the world around you, and take a few extra minutes to write it all down. You'll be surprised how gratitude can change your whole perspective on life and give you reason upon reason to *praise the Creator* of it all.

CrossCards



day one:

Give thanks to the Lord, for he is good,
for his steadfast love endures forever.
-Psalm 136:1

Today, I am grateful for:

- _____

- _____

- _____



day two:

Know that the Lord, he is God! It is he who made us, and we are his.
-Psalm 100:3

Today, I am grateful for:

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- _____

- _____



day three:

Give thanks in all circumstances; for this is
God's will for you in Christ Jesus.
-1 Thessalonians 5:18

Today, I am grateful for:

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- _____

- _____



day four:

Let the peace of Christ rule in your hearts, since as members
of one body you were called to peace. And be thankful.
-Colossians 3:15

Today, I am grateful for:

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- _____

- _____



day five:

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.
-James 1:17

Today, I am grateful for:

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- _____

- _____



day six:

verse

Today, I am grateful for:

- _____

- _____

- _____



day seven:

The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.
-Psalm 28:7

Today, I am grateful for:

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- _____



day eight:

Enter his gates with thanksgiving and his courts with praise;
give thanks to him and praise his name.
-Psalm 100:4

Today, I am grateful for:

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- _____



day nine:

You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God.
-2 Corinthians 9:11

Today, I am grateful for:

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- _____

- _____



day ten:

I will give thanks to you, LORD, with all my heart;
I will tell of all your wonderful deeds.
-Psalm 9:1

Today, I am grateful for:

- _____

- _____

- _____

