

A still life composition featuring a stack of books, a lit candle, a bowl of dark liquid, and autumn leaves on a wooden surface. The books are stacked in the upper left, with a brown leather cover on top and a yellow textured cover below. A lit candle in a white holder is in the center right. A dark bowl is in the bottom right. Autumn leaves are scattered on a light-colored fabric in the foreground. The background is a wooden surface.

A Month of  
Journal Prompts, Prayers,  
and Scripture for  
Cultivating

*Gratitude*

Day 1

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*What are 10 things you are grateful for today?*

“O Come, let us sing for joy to the Lord;  
Let us shout joyfully to the rock of our  
salvation. Let us come into his presence  
with thanksgiving; let us make a joyful  
noise to him with songs of praise! For the  
Lord is a great God, and a great King  
above all gods.”

Psalm 95:1-3

## Day 2

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*How has God been faithful to you the past year?*

Lord, teach me to offer you a heart of thanksgiving and praise in all my daily experiences of life. Teach me to be joyful always, to pray continually, and to give thanks in all my circumstances. I accept them as Your will for my life (1 Thessalonians 5:16-18). I long to bring pleasure to Your heart daily. Break the power of the enemy in my life. Defeat Him through my sacrifice of praise. Change my outlook and attitude into one of joyful contentment with my present circumstances. I thank You for...  
[Name a difficult circumstance in your life presently and thank God for it.] Amen.

This prayer was adapted from "A Prayer for a Thankful Heart" by Debbie Przybylski.

Day 3

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*Who or what has brought you joy today?*

"Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations."

Psalm 100:4-5

Day 4

List 3 ways you can bless others today, then do it.

"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



## Day 5

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*What is something big or small that made you smile today?*

Jesus, I want to be like You who obeyed the Father without complaint. You embraced the chains of humanity when You walked this earth. Convict me whenever I complain or compare myself with others. Give me Your attitude of humility and thankful acceptance. I want to be like the Apostle Paul who learned contentment in every circumstance. I choose to continually offer You a sacrifice of praise, the fruit of lips that give praise to Your name (Hebrews 13:15). I long to bring a smile to Your face. Teach me the power of a thankful heart. I know that Your truth dwells in a thankful heart.

This prayer was adapted from "A Prayer for a Thankful Heart" by Debbie Przybylski.

Day 6

What promises of God do you need to be reminded of today?

"Bless the Lord, O my soul, and all that is within me, bless his holy name! Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's."

Psalm 103:1-5

## Day 7

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*What is one hardship in your life that God faithfully walked with you through?*

Dear God,

Thank you for your amazing power and work in our lives, thank you for your goodness and for your blessings over us. Thank you that you are able to bring hope through even the toughest of times, strengthening us for your purposes. Thank you for your great love and care. Thank you for your mercy and grace. Thank you that you are always with us and will never leave us. Thank you for your incredible sacrifice so that we might have freedom and life. Forgive us for when we don't thank you enough, for who you are, for all that you do, for all that you've given. Help us to set our eyes and our hearts on you afresh. Renew our spirits, fill us with your peace and joy. We love you and we need you, this day and every day. We give you praise and thanks, for You alone are worthy!

In Jesus' Name,  
Amen.

This prayer was adapted from "A Prayer for Gratitude and Thanksgiving" by Debbie McDaniel.



*Day 8*

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*What do you need to lift up to the Lord in surrender today?*

“Be thankful. God has commanded it—for our good and for His glory. God’s command to be thankful is not the threatening demand of a tyrant. Rather, it is the invitation of a lifetime—the opportunity to draw near to Him at any moment of the day.”

—Nancy DeMoss Wolgemuth

Day 9

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*How do you define gratitude?*

"Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for our "God is a consuming fire."

Hebrews 12:28-29

Day 10

*Who in your life exemplifies a life of thankfulness?*

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

1 Thessalonians 5:18

Day 11

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*What was an unexpected blessing you received this past year?*

"Oh give thanks to the Lord, for he is good,  
for his steadfast love endures forever!"

Psalm 107:1



## Day 12

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*List three qualities you admire about yourself.*

“God says to give thanks in everything. That doesn’t mean you need to give thanks FOR everything. You don’t need to give thanks FOR that bad day. Or FOR that bad relationship. Or being passed over at work. Financial hardship. Whatever it is – you are not to give thanks FOR the difficulties, but rather IN the difficulties. That is a very important distinction, and one I think we often miss. Giving thanks IN everything shows a heart of faith that God is bigger than the difficulties and that He can use them, if you approach Him with the right heart and spirit, for your good and His glory.”

–Tony Evans

Day 13

*How should Christ's death on the cross impact how you go through today?*

“There are three requisites to the proper enjoyment of earthly blessings: a thankful reflection, on the goodness of the giver; a deep sense of our own unworthiness; and a recollection of the uncertainty of our long possessing them. The first will make us grateful; the second, humble; and the third, moderate.”

–Hannah More

Day 14

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*List 5 things in nature you are grateful for.*

"The Lord is my strength and my shield; My heart trusts in Him, and I am helped; Therefore my heart exults, And with my song I shall thank Him."

Psalm 28:7

Day 15

*In what ways has God provided for you financially?*

“God is in control, and therefore in **EVERYTHING** I can give thanks - not because of the situation but because of the One who directs and rules over it.”

–Kay Arthur





Day 16

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*How can your gratitude overflow into the lives of others?*

"A thankful heart is one of the primary identifying characteristics of a believer. It stands in stark contrast to pride, selfishness, and worry. And it helps fortify the believer's trust in the Lord and reliance of His provision, even in the toughest times. No matter how choppy the seas become, a believer's heart is buoyed by constant praise and gratefulness to the Lord."

—John MacArthur

Day 17

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*What is something you are thankful for that you take for granted?*

“It’s one thing to be grateful. It’s another to give thanks. Gratitude is what you feel. Thanksgiving is what you do.”

–Tim Keller



## Day 18

*What gets in the way of your gratitude? What are you going through right now that is making it hard to be grateful?*

“A spirit of thankfulness is one of the most distinctive marks of a Christian whose heart is attuned to the Lord. Thank God in the midst of trials and every persecution.”

–Billy Graham

*Day 19*

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*How could you bless your neighbor today?*

Father, I come to You, confessing that I tend to have a heart that is filled with whining and complaining instead of gratitude. Please forgive me. Help me learn to see Your hand at work in my life. I want to trust You even when I don't understand my circumstances. Right now, I choose to praise You, Lord.

In Jesus' Name,  
Amen.

This content was adapted from "A Prayer for Gratitude and Promises" by Mary Southerland.

## Day 20

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*Take a deep breath; exhale. Now write down one of the characteristics of God that you can lean on today.*

“Edwards [Jonathan Edwards] calls the deeper, primary form of thankfulness ‘gracious gratitude.’ It gives thanks not for goods received, but for who God is: for His character -- His goodness, love, power, excellencies -- regardless of favors received. And it's real evidence of the Holy Spirit working in a person's life.”

–Chuck Colson

Day 21

*What is your favorite dish to cook or eat?*

“Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.”

-Ephesians 5:19-20



## Day 22

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*Think of a friend or family member you are thankful for. Let them know what you admire about them.*

“I’m just thankful for everything, all the blessings in my life, trying to stay that way. I think that’s the best way to start your day and finish your day. It keeps everything in perspective.”

–Tim Tebow

Day 23

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*Pray and ask God to give you a heart of contentment as you go through your day.*

“I have held many things in my hands, and I have lost them all; but whatever I have placed in God’s hands, that, I still possess.”

—Corrie ten Boom



Day 24

*What is a prayer God has answered in the past?  
Was His answer what you expected?*

“When we choose thankful prayer over wallowing in anxiety and worry, we are demonstrating an unwavering trust in God.”

–Priscilla Shirer



Day 24

*What is a prayer God has answered in the past?  
Was His answer what you expected?*

"Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness."

-Colossians 2:7

Day 25

How can you practice gratitude as you enter the holiday season?

"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

THE TRAUMA OF EVERYDAY LIFE

PRIMITIVE AGONY

hard time seeing past their ingrained versions of reality, driven as they are by self-compassion. As by some other name, has put it, in a contemporary twist on the Buddha's teachings, "Everything's amazing, and nobody's happy."

Therapists today, building on detailed observations of the infant-parent relationship, now have a way to explain this ascetic strain in the contemporary psyche. Their model, of "developmental trauma," is based on the realization that "there is no such thing as an infant"; there is only a mother-child relationship. Infants are too dependent to be called persons in their own right—they survive only because their parents give themselves over to their care. This "relational" paradigm sees unbearable emotion as the determining factor in trauma. Intense feelings are present in a baby from birth. They take many forms—an infant's ruthless mix of appetite, need, and distress is well-known to any parent—and it is the parent's gut response to engage these rudimentary emotions and try to make them bearable, or barely tolerable, for their child. When this does not happen adequately, when the painful emotions or unpleasant feelings are not picked up and handled by the parents, the infant, or child, is left with overwhelming feelings he or she is not equipped to deal with, feelings that often get turned into self-hate.

My favorite example of this kind of parent-child attunement comes from a children's book one of my patients gave me after hearing me talk about this. The book is called *What's Wrong, Little Pookie?* and in it a mother can be heard questioning her child about what is bothering him. She goes through a series of hypothetical questions (Are you hungry? Are you tired?) that become increasingly absurd (Did a very large hippo try to borrow your shoes?) until Little Pookie has completely forgotten why he was so upset in the first place. It is a

Day 26

*What are practical things you are grateful for?  
Your health? Home? Community? Make a list.*

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you"

-1 Thessalonians 5:18



Day 27

*How does having a grateful heart impact your relationship with your spouse? Yourself? Your friends? Your parents? Your kids?*

Dear God, Thank you for your amazing power and work in our lives. Thank you for your goodness and for your blessings over us. Thank you for your great love and care. Thank you for your sacrifice so that we might have freedom and life. Forgive us when we don't thank you enough, for who you are, for all you do, and for all you've given. Help us to set our eyes and our hearts on you afresh. Renew our spirits, fill us with your peace and joy. We love you and we need you, this day and every day. We give you praise and thanks, for You alone are worthy!

In Jesus' Name, Amen.

- Debbie McDaniel

Day 28

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*What is something from the past, present, and future that you are grateful for?*

We realize that everything we have comes from You, and for that, we are eternally grateful. We also thank You for what we don't have this year, for we trust that You have withheld in Your goodness and out of Your protection for us. Thank You that Scripture says You are a Good Father who loves to give gifts to Your children. We sit here as evidence of Your goodness. Thank You for the gift of today. In the name of Your Son, Jesus, we pray.

Amen.

- Cindi McMenamin

*Day 29*

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*What's something that you're grateful to have today that you didn't have a year ago?*

*“Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.”*

*-Ephesians 5:19-20*

## Day 30

*Reflect on the past 30 days. How have you grown?  
What has the Lord taught or revealed to you?*

Lord, teach me to offer you a heart of thanksgiving and praise in all my daily experiences of life. Teach me to be joyful always, to pray continually, and to give thanks in all my circumstances. I accept them as Your will for my life (1 Thessalonians 5:16-18). I long to bring pleasure to Your heart daily. Break the power of the enemy in my life. Defeat Him through my sacrifice of praise. Change my outlook and attitude into one of joyful contentment with my present circumstances. I thank You for... [Name a difficult circumstance in your life presently and thank God for it.]

Jesus, I want to be like You who obeyed the Father without complaint. Convict me whenever I complain or compare myself with others. Give me Your attitude of humility and thankful acceptance. Teach me the power of a thankful heart. I know that Your truth dwells in a thankful heart. I will give thanks to the LORD because of His righteousness and will sing praise to the name of the LORD Most High. O LORD, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens” (Psalm 7:17-18:1).

In Jesus' name, Amen.

-Debbie Przybylski, Intercessors Arise International







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