



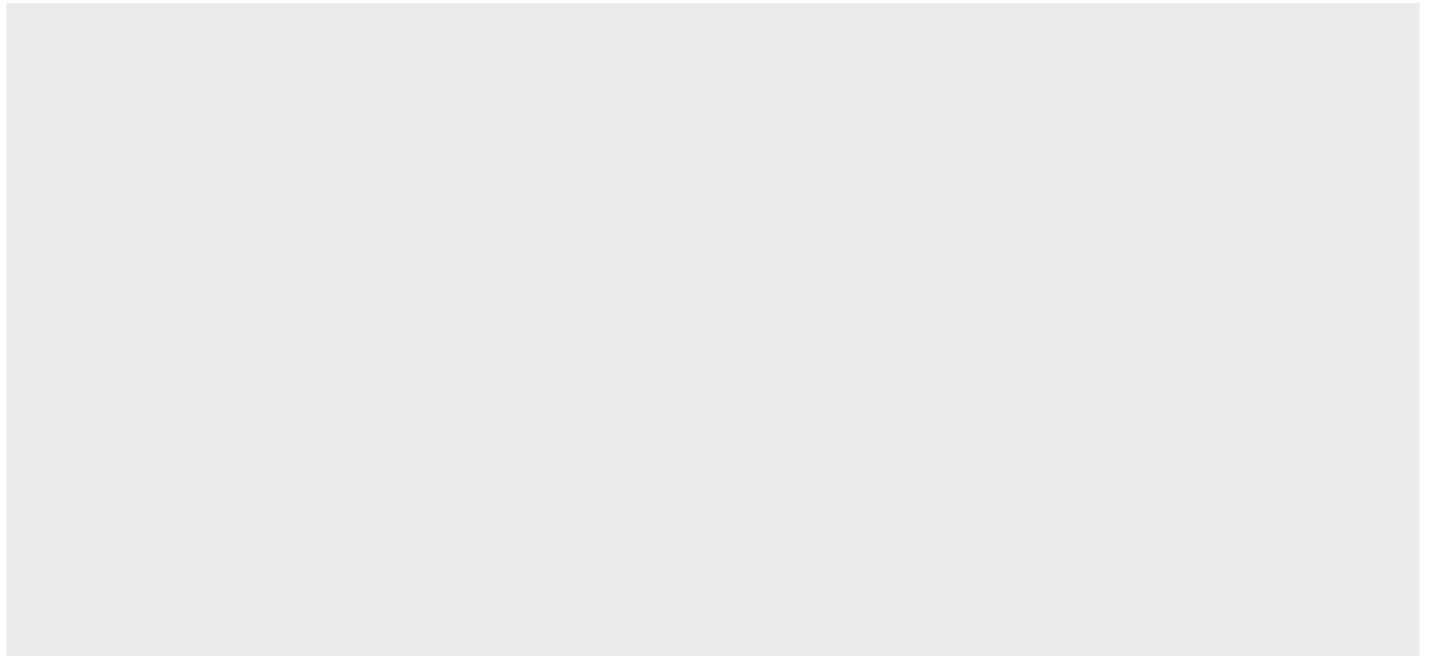
7 DAY GRATITUDE JOURNAL

DAY 1

*Oh, how grateful and thankful I am to the Lord because he is so good.
I will sing praise to the name of the Lord who is above all lords.*

Psalm 7:17

TODAY I AM THANKFUL FOR:



CHALLENGE FOR THIS WEEK

Speak Life: This week avoid negative words and gossip!

When water-cooler talk, social media comments, or conversations with friends and family turn negative, gently guide the conversation back to happier ground. If that doesn't work, then excuse yourself from the conversation. Eventually, those around you will learn that you won't tolerate negativity. This isn't just about being a good witness; it's about preserving your state of mind. Focusing on negativity and gossip will only tear you down, and leave you discouraged and angry about things and people outside of your control.

"Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them."

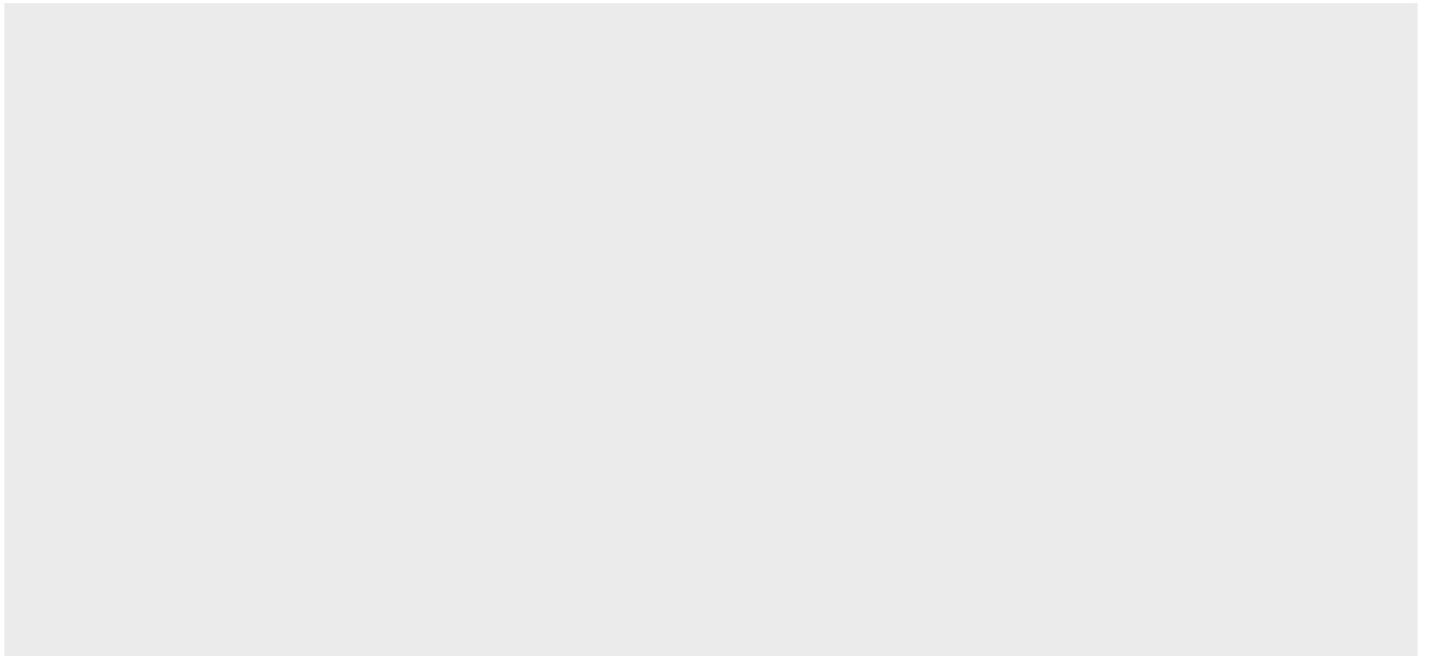
Ephesians 4:29

DAY 2

*O Lord, I will praise you with all my heart and
tell everyone about the marvelous things you do.*

Psalm 9:1

TODAY I AM THANKFUL FOR:



HOW GOOD IS OUR GOD?

List 10 attributes of God. Meditate on them.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

DAY 3

*He is my strength, my shield from every danger. I trusted in him, and he helped me.
Joy rises in my heart until I burst out in songs of praise to him.*

Psalms 28:7

TODAY I AM THANKFUL FOR:

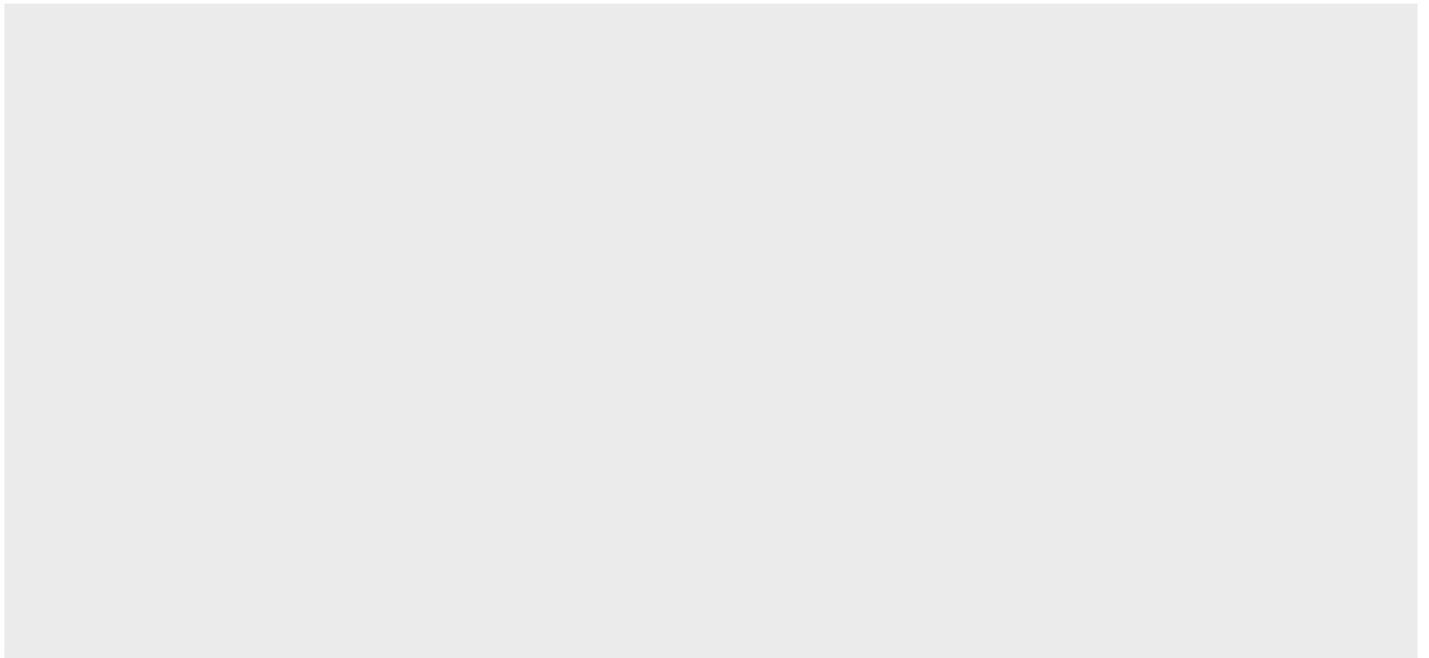
REFLECT ON HOW GOD HAS KEPT YOU SAFE

Write down an instance where you know God kept you from harm.

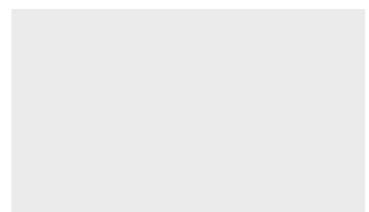
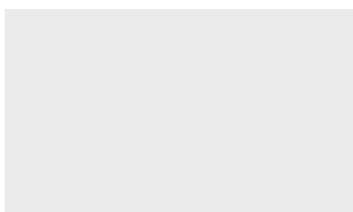
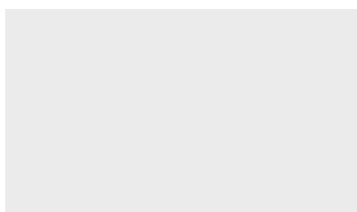
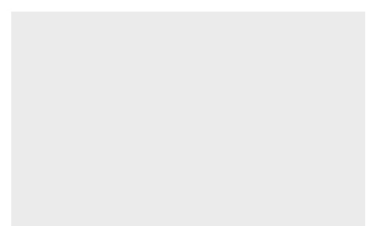
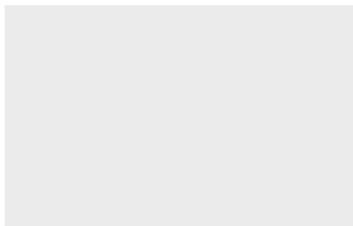
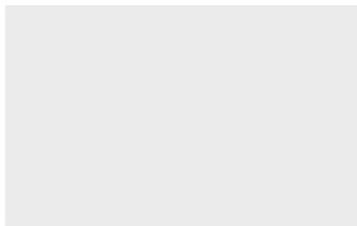
DAY 4

*But whatever is good and perfect comes to us from God,
the Creator of all light, and he shines forever without change or shadow.*
James 1:17

TODAY I AM THANKFUL FOR:



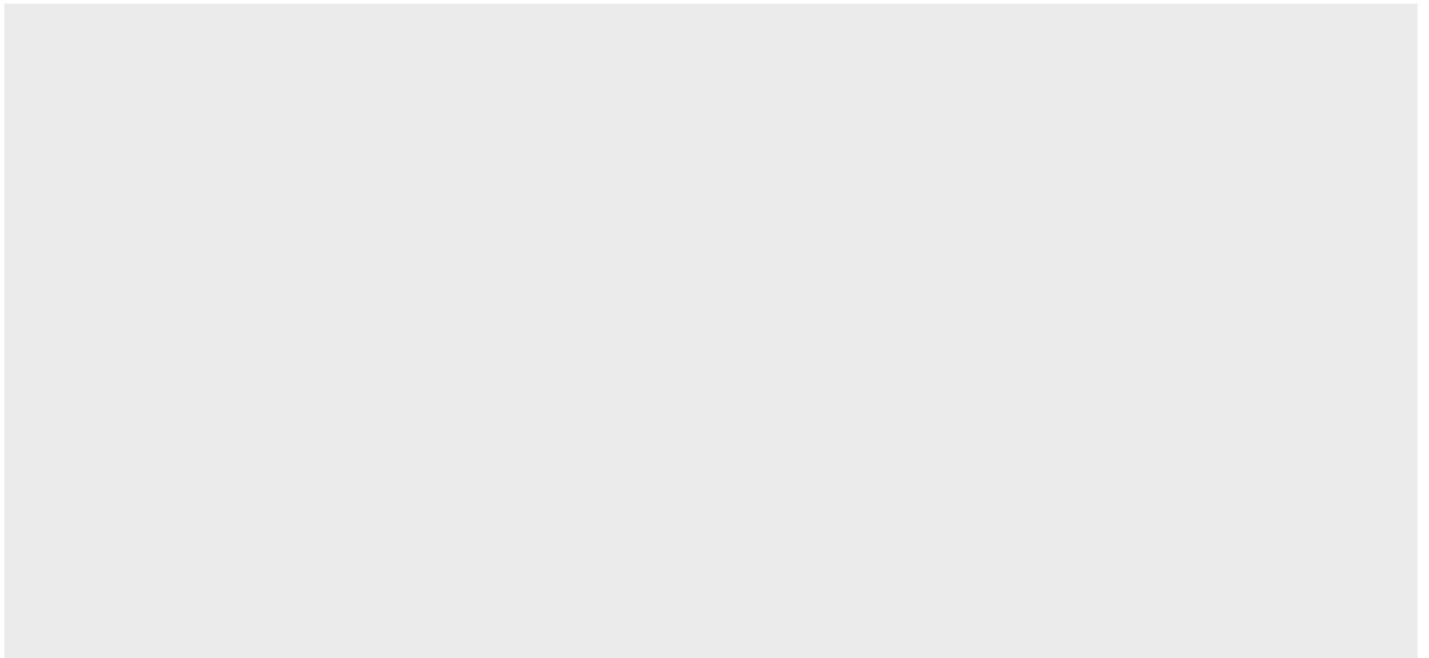
PEOPLE I AM THANKFUL FOR:



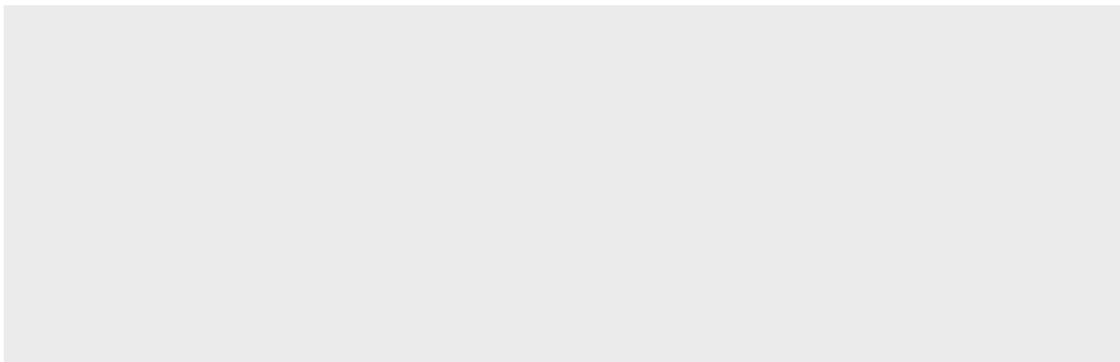
DAY 5

With all my heart I will praise you. I will give glory to your name forever,
Psalm 86:12

TODAY I AM THANKFUL FOR:



THE BEST PART OF MY DAY WAS:

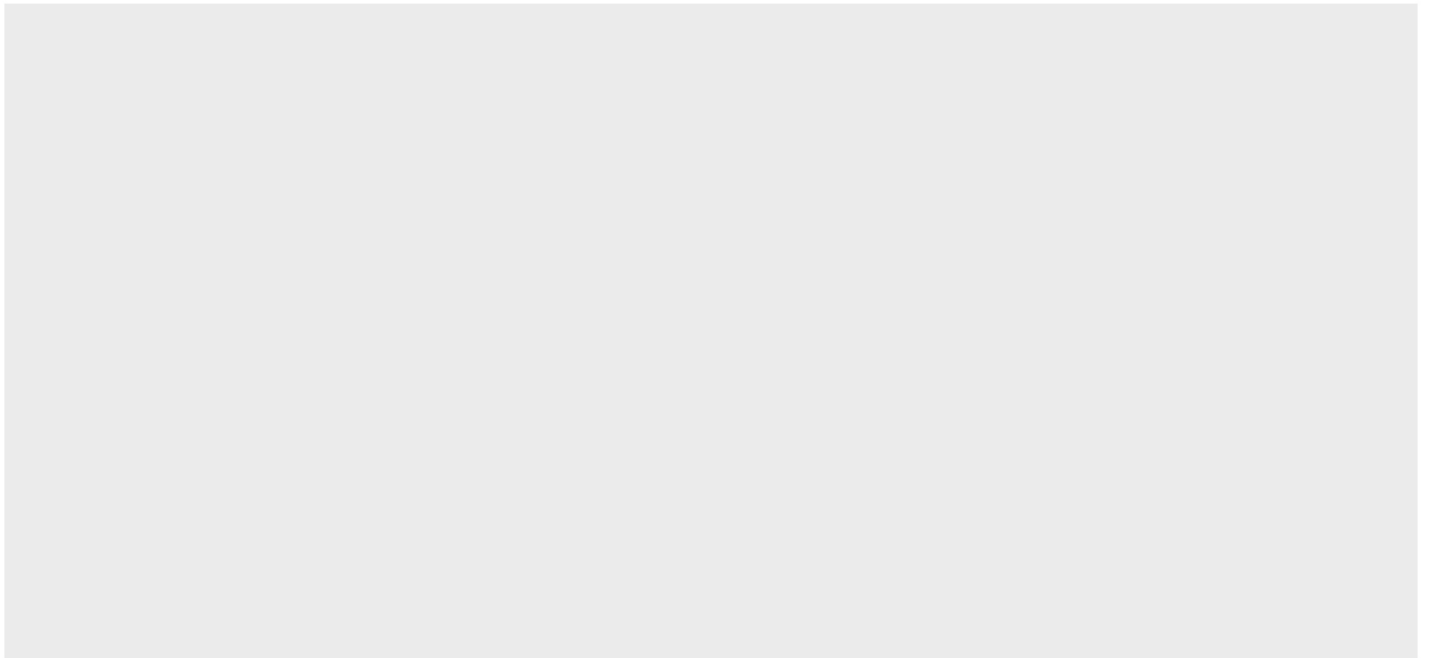


DAY 6

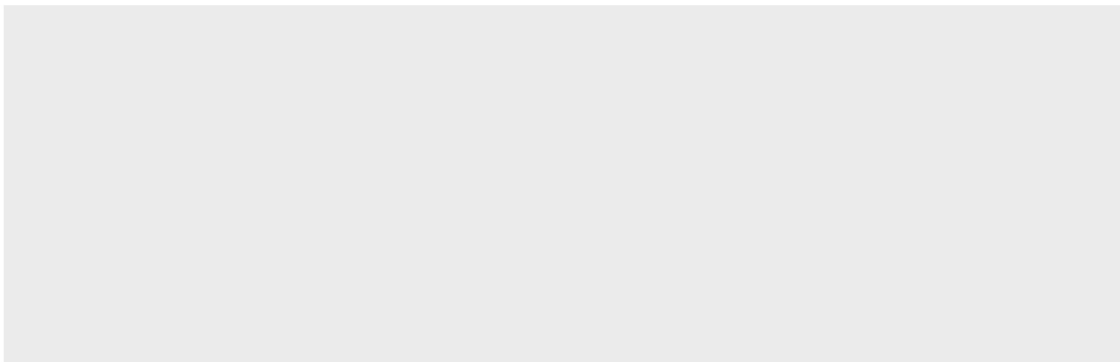
Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers.

Philippians 4:6

TODAY I AM THANKFUL FOR:



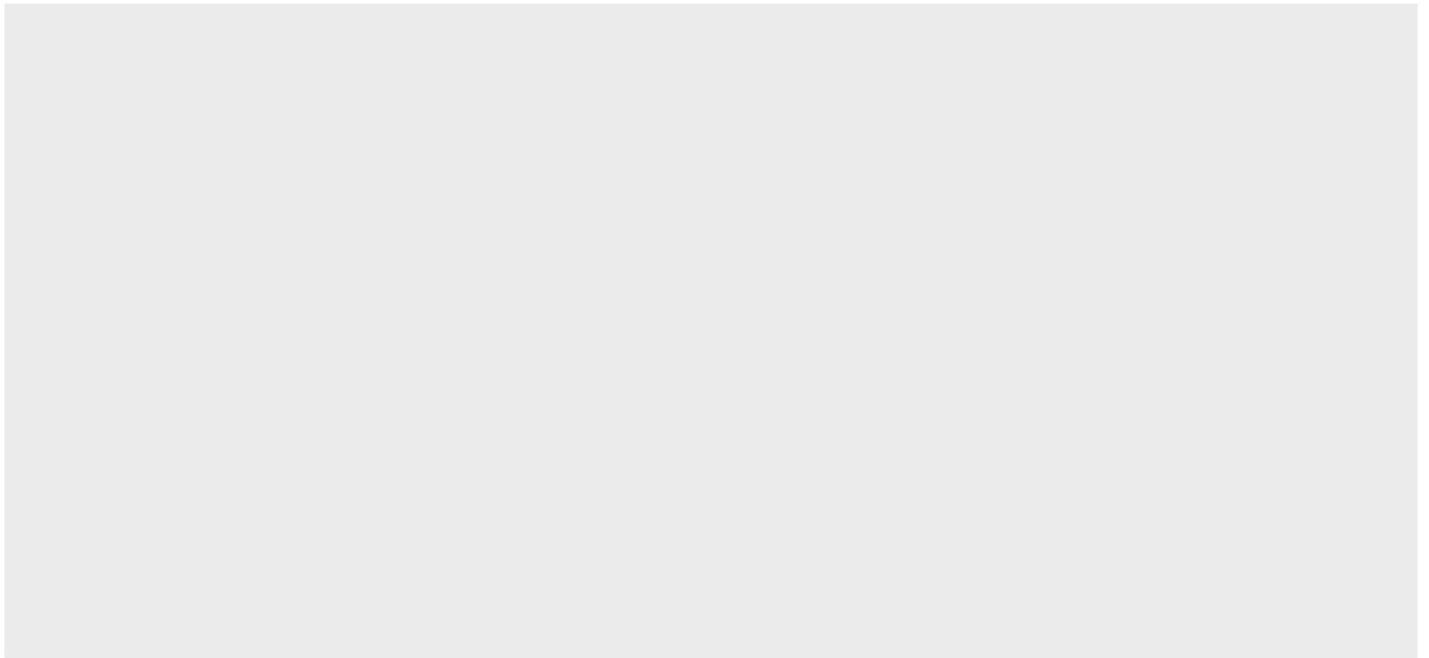
WHAT I AM LEARNING FROM MY CHALLENGES:



DAY 7

Hallelujah! Thank you, Lord! How good you are! Your love for us continues on forever.
Psalm 107:106

TODAY I AM THANKFUL FOR:



LIST 3 PEOPLE YOU WILL PRAY FOR AND HOW YOU WILL BLESS THEM:

