

Gratitude Journal

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

1 Thess. 5:18

1. Prayer

"Lord, open my eyes to see Your mercies today and to give You glory."

2. Daily Thanksgiving (General & Specific)

- **Gospel Gratitude:** What truth about Christ am I thankful for today? (e.g., justification, adoption, sanctification).
- **Providential Gratitude:** Where did I see God's hand in providence today? (family, work, health, trials).
- **Church Gratitude:** How did God encourage me through His people or Word today?

3. Reflection on God's Character

Instead of simply listing "things I like," note attributes of God revealed in those gifts:

- If thankful for provision → praise His **faithfulness**.
- If thankful for a trial → acknowledge His **wisdom and sovereignty**.
- If thankful for encouragement from a friend → celebrate His **kindness and care through His body**.

4. Looking Forward in Hope

Close with prayer, asking the Spirit to cultivate deeper gratitude tomorrow:

- "Lord, help me to glorify You in all things."
- Tie this to **eschatological hope** → gratitude for the inheritance kept in heaven (1 Pet. 1:4).