

The background of the entire page is a repeating pattern of stylized, elongated leaves. Each leaf is composed of multiple thin, parallel lines in a light gold or beige color, creating a delicate, airy texture. The leaves are scattered across the page, with some pointing upwards and others downwards, giving a sense of movement and natural beauty.

FILL EACH DAY WITH *Gratitude*

Weekly
Gratitude
Kit

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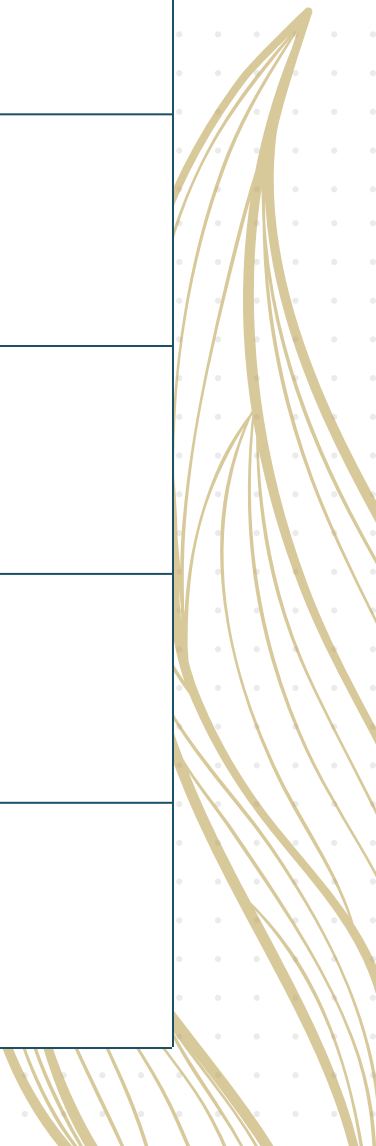
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THIS WEEK I'M

Grateful for...

| | |
|------------------|--|
| MONDAY | |
| TUESDAY | |
| WEDNESDAY | |
| THURSDAY | |
| FRIDAY | |
| SATURDAY | |
| SUNDAY | |



FILL EACH DAY WITH

Gratitude

DATE :

THANK YOU, GOD, FOR...

**3 GOOD THINGS THAT
HAPPENED TODAY**

SCRIPTURE TO MEDITATE ON

ANSWERED PRAYERS

THE *Gratitude* JAR

AS YOU REFLECT ON WHAT YOU'RE THANKFUL FOR,
FILL THE JAR WITH NOTES, DRAWINGS OR PRAISES TO THE LORD



Scriptures **LET'S GIVE THANKS**

1. "In everything give thanks; for this is the will of God in Christ Jesus for you." - 1 Thessalonians 5:18 (NKJV)

2. "Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name." - Psalm 100:4 (NIV)

3. "Oh, give thanks to the Lord, for He is good! For His mercy endures forever." - Psalm 107:1 (NKJV)

4. "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him." - Colossians 3:17 (NIV)

5. "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." - Philippians 4:6 (NIV)

15 PROMPTS FOR WHEN YOU'RE STUCK ON WHAT TO BE GRATEFUL FOR...

- 1. Simple Blessings:** Write down three simple things you often take for granted (e.g., a warm cup of coffee, a cozy blanket, the sound of birds in the morning). How do these small blessings brighten your day?
- 2. God's Provision:** Reflect on a time when God provided for you in an unexpected way. How did that experience shape your faith and gratitude?
- 3. Meaningful Connections:** List three people who have positively impacted your life. What specific qualities about them do you appreciate the most?
- 4. Lessons in Hardships:** Think of a recent challenge you've faced. How did it help you grow, and what can you be thankful for in that experience?
- 5. Answered Prayers:** Recall a prayer that God has answered, whether recently or long ago. How did that answer demonstrate God's faithfulness in your life?
- 6. A Place of Peace:** Describe a place (your home, a favorite park, a room) where you feel most at peace. Why does this place make you feel grateful?
- 7. Your Spiritual Gifts:** What unique gifts or talents has God given you? How have you used them to bless others, and why are you thankful for them?
- 8. The Gift of Today:** What is something about today that you are grateful for? It can be as simple as a moment of quiet or as special as time spent with loved ones.
- 9. Gratitude for Your Body:** Think about one thing your body allows you to do (walking, hugging, laughing). How can you express gratitude for the way God has created you?
- 10. Nature's Reminders:** Reflect on something in nature that reminds you of God's love and creativity (e.g., a sunset, the sound of rain, blooming flowers). How does it inspire gratitude in your heart?
- 11. Gratitude in the Ordinary:** Consider an everyday task (cooking, cleaning, driving). How does this routine activity provide a moment to be thankful?
- 12. God's Promises:** Choose a promise from the Bible that resonates with you right now. How does this promise give you comfort, and why are you thankful for it?
- 13. Acts of Kindness:** Write about a time when someone showed you kindness. How did it make you feel, and how can you express gratitude for that memory?
- 14. Memories that Spark Joy:** Recall a favorite memory from the past. How does this memory bring joy and gratitude into your heart today?
- 15. A Grateful Heart:** Finish this sentence: "Lord, even though I may not feel grateful right now, I am thankful for _____ because _____."

LET THE
peace
OF
GOD
RULE IN YOUR
hearts
AND BE
thankful
Colossians 3:15