

5-Day Gratitude Journal

Scripture-Based Reflections for a Thankful Heart

Cultivating thankful awareness through Word, breath, and pen



Day 1 – Remember His Benefits

Psalm 103:2

Reflective Prompts:

- List three concrete gifts you noticed today.
- Which gift surprised you most, and why?
- Close with a one-sentence thank-you.

Closing Prayer:

Day 2 – Every Good Gift

James 1:17

Reflective Prompts:

- Record three blessings that came through other people.
- How did each reflect God's generosity?
- Write a short prayer blessing one of those people.

Closing Prayer:

Day 3 – Thanks in All Things

1 Thessalonians 5:18

Reflective Prompts:

- Note three ordinary tasks you did today.
- How can each become an act of worship?
- Offer a breath-prayer of gratitude during one task tomorrow.

Closing Prayer:

Day 4 – Peace Beyond Anxiety

Philippians 4:6

Reflective Prompts:

- Identify one challenge or worry you faced today.
- List ways God sustained you in that moment.
- Release the concern with a silent 'Thank You' exhale.

Closing Prayer:

Day 5 – Yet I Will Rejoice

Habakkuk 3:17-19

Reflective Prompts:

- Name a circumstance that still feels unresolved.
- Find one 'mustard-seed' mercy within the struggle.
- Write a commitment to trust God's character going forward.

Closing Prayer:
