



This week try the practice of Gratitude. Praise God for all the big and little blessings in your life that you sometimes take for granted. Some ways to practice Gratitude:

- Keep a gratitude journal.
- Thank God for little things throughout the day.
- Use social media to post pics of things you are thankful for.
- Journal prayers of thanksgiving in the margins of your Bible.
- Make your own gratitude psalm, using Psalm 136 as a model.

Below are some Scriptures on gratitude to inspire your prayers! You can use the journaling space to record prayers of thanksgiving.

day one

Scriptures: Psalm 9:1 and Psalm 33:2

Gratitude Journal:

day two

Scripture: Psalm 86:12 and Psalm 109:30

Gratitude Journal:

day three

Scripture: Psalm 111:1 and 145:10

Gratitude Journal:

day four

Scripture: 1 Chronicles 16:34 and 1 Thessalonians 5:18

Gratitude Journal:

day five

Scripture: 1 Corinthians 15:57 and Revelation 11:17

Gratitude Journal: