



My Gratitude Journal

As you go about your day, take time to notice and reflect on the blessings around you.

Your local park might inspire you to give thanks for the beauty of God's creation. A visit from your neighbour might remind you of the kindness and care you receive from your community. What is God drawing your attention to?

You can use this booklet to take notes, reflect and pray about what those blessings mean to you.



A gratitude journal doesn't have to be shared with anyone else. This quiet practice is for you, your thoughts and prayers, and God.

You can use this prayer as a focus for your reflections each day.

Heavenly Father, open my heart and help me know how loved I am by you.

Open my eyes, to see the blessings you have provided to me today.

Give me the grace to see you in the beauty of your creation, the nature that sustains me and the people that are kind to me.

Help me to respond with gratitude and to grow in generosity, as you are generous with me.

Guide me to participate in your transforming work in our lives and communities.

In Jesus' name

Amen

Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it.

Hebrews 13.2



I'm thankful for...

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*O give thanks to the Lord, for he is good,
for his steadfast love endures forever*

Psalm 107:1

I'm thankful for...

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*I will give thanks to the Lord with
my whole heart. I will tell of all your
wonderful deeds.*

Psalm 9:1



I'm thankful for...

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*Rejoice always, pray without ceasing,
give thanks in all circumstances, for this
is the will of God in Christ Jesus for you.*

1 Thess 5:16-18

I'm thankful for...

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*And let the peace of Christ rule in
your hearts, to which indeed you were
called in one body. And be thankful.*

Colossians 3:15



I'm thankful for...

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