

My Three-Week Thankfulness Journal

Everyday Blessings

God loves us

God forgives us

God has a purpose for us

God sees our heart

God gives us eternal life

How to Use This Journal

Each day, pause and record at least one thing you're thankful for — something big or small. Reflect on how God is working in your life and use the 'Scripture / Reflection' column to note a verse, prayer, or thought of gratitude.

Week 1: _____

Day	I'm Thankful For...	Scripture / Reflection
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

End of Week Reflection:

- What blessings stood out this week?
- How did gratitude affect your attitude or faith?





Melbourne
Inclusive Church
Come as you are.

Week 2: _____

Day	I'm Thankful For...	Scripture / Reflection
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

End of Week Reflection:

- What blessings stood out this week?
- How did gratitude affect your attitude or faith?

Week 3: _____

Day	I'm Thankful For...	Scripture / Reflection
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

End of Week Reflection:

- What blessings stood out this week?
- How did gratitude affect your attitude or faith?

*"Give thanks in all circumstances, for this is God's will for you in Christ Jesus."
1 Thessalonians 5:18*