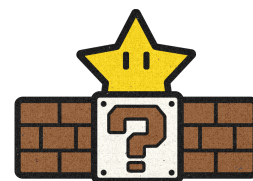


Gratitude Journal



"I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength."

The Apostle Paul
Philippians 4:11-13

*"Gratitude isn't only a celebration when good things happen.
It's a declaration that God is good no matter what happens."*

Ann Voskamp
One Thousand Gifts

Instructions

- 1. Name your Valley** – What's one thing that is hard for you right now?
- 2. Declare your Trust** – Write one line of faith below: **"God, I believe You are with me even here."**
- 3. Each Day, find 5 things you are grateful** – Big or Small
(if you share on social media - tag @OneChurch.to)

Tip for Success

- Choose the same time every day to complete your list
 - **Mornings** help you set up your day looking for God's hand at work in your life
 - **Evenings** help you reflect on what God has done for you
- Small gratitudes count: a good conversation, a cup of coffee, a breath of fresh air.



Sunday

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Monday

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Tuesday

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Wednesday

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____



Thursday

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Friday

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Saturday

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

