

Gratitude Writing and Prayer Journal

**Fall in love with Christ all
over again as you journey
through a season of gratitude**

Seeking God Daily



Gratitude changes the heart

I have always been the type of person to say thank you. When I am at the grocery store or in a restaurant, I am always inclined to show my gratitude for someone's work. Instead of just the clerk or the waitress thanking me for stopping in, I am usually thanking them. I am grateful for their help and service.

So I have been thinking, how often am I that thankful to God for the mundane, everyday things along with the big things? How often do I thank Him for something that seems as ordinary as the breath of life He gives me each morning. Do I show gratitude for the family He has surrounded me with and the blessings of a home with heat and comforts beyond what I deserve. Sadly, it may be far less than I would hope for.

I am studying the book of Daniel right now and a verse that keeps replaying in my head is from Daniel 3. Daniel's friends, Shadrach, Meshach and Abednego, were faced with the decision to fall in line with the law of bowing down to the king's statue, the god he created of himself, or stay true to God and only bow to Him.

The risk they were taking was truly a life or death situation. Not bowing down meant they would be thrown into the fiery furnace.

The three young men stood with their convictions. God was their true God and they refused to bow to anyone or anything less than that.

This meant, by order of the king that they would be put to death by fire. The king was angry at their lack of allegiance to him, he turned up the heat. In fact the fire was so hot, the soldiers outside the fire were killed from being too close.

Their response could have been to save their own lives. They could have bowed down. But they chose something else. They chose someone better. They told the king, even if God did not rescue them out of the fire, they would still only worship and bow down to Him.

This is the ultimate heart of gratitude to the living God. Knowing that they were facing the fiery furnace and they could still say to God, even if you don't save me out of the fire, I will still worship only You. is amazing.

Knowing that God is our only hope. Praising the only One that can save us from the fires and trials of life, our worship to Him should belong only to Him and come out of a heart that is overflowing with gratitude for all that He is.

Even if...

"If we are thrown into the blazing furnace, the God we serve is able to deliver us from it, and he will deliver us c from Your Majesty's hand. But even if he does not, we want you to know, Your Majesty, that we will not serve your gods or worship the image of gold you have set up."

Daniel 3:17-18 (NIV)

Heavenly Father, Please let us see the fiery places that you rescue us from and show you gratitude for each of them. Amen

Writing Prompt: Write about the time God rescued you. Write the details so you can see his mighty hand through it all.

[illegible]

The background features a dark teal color with decorative elements on the left and right sides. These elements consist of stylized, light-colored outlines of leaves and branches, creating a naturalistic frame around the central text area.

With thanksgiving

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6 (NIV)

Heavenly Father, We know we can come boldly to the throne of grace.

Lord, we pray as we approach you it would be with reverence and grateful hearts. Please bear our burdens and worries and make them light as we face every situation, Amen

Writing Prompts: What is a burden that you have right now? How can you surrender that to God with thanksgiving?

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6 (NIV)

Heavenly Father, We know we can come boldly to the throne of grace.

Lord, we pray as we approach you it would be with reverence and grateful hearts. Please bear our burdens and worries and make them light as we face every situation, Amen

Writing Prompts: What is a burden that you have right now? How can you surrender that to God with thanksgiving?

[illegible]

Enter His presence with praise

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. Psalm 100:4 (NIV)

Heavenly Father, We praise your Great Name. We praise you for allowing us to enter your court. We praise you for not just offering us entrance to your court but freedom in Your Name. Amen

Writing Prompts: How often do you come before God? Would you like your prayer life to change? What Good things are you doing and where can you make improvements? Write a prayer of praise to God and include details of the goodness He has given you.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Worship in awe

Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe. Hebrews 12:28 (NIV)

Heavenly Father, what an amazing inheritance you have given us in you. As a gift we become your children We thank you for that. Amen
Writing Prompt: Write a song, poem, or prayer of praise to God for giving you an inheritance of Himself and giving you an inheritance of His kingdom, one that cannot be shaken.

Writing Prompt: Write a song, poem, or prayer of praise to God for giving you an inheritance of Himself and giving you an inheritance of His kingdom, one that cannot be shaken.

[illegible]

The background is a solid dark teal color. On the left and right sides, there are stylized, light green leaf-like patterns that curve upwards. In the center, there is a large white rectangular area with a thin black border. Inside this white area, at the top, is the title 'Whatever you do, give thanks' in a large, elegant, cursive font. Below the title, there is a block of text in a smaller, sans-serif font, followed by a prayer in the same font, and then a 'Writing Prompt' in a bold sans-serif font. The bottom half of the white area is filled with horizontal lines for writing.

Whatever you do, give thanks

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:17(NIV)

Heavenly Father, Sometimes the mundane and ordinary things leave us less than grateful. Please open our hearts to accept all things as good gifts from you. Amen

Writing Prompt: Do ordinary things ever overshadow the praise that God deserves for them. Make a list of things you consider ordinary or mundane and write next to them how God makes them extraordinary.

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:17(NIV)

Heavenly Father, Sometimes the mundane and ordinary things leave us less than grateful. Please open our hearts to accept all things as good gifts from you. Amen

Writing Prompt: Do ordinary things ever overshadow the praise that God deserves for them. Make a list of things you consider ordinary or mundane and write next to them how God makes them extraordinary.

[illegible]

And whatever you do, whether in word or deed, do it all in the name of
the Lord Jesus, giving thanks to God the Father through him.
Colossians 3:17(NIV)

Heavenly Father, Sometimes the mundane and ordinary things leave
us less than grateful. Please open our hearts to accept all things as
good gifts from you. Amen

Writing Prompt: Do ordinary things ever overshadow the praise that
God deserves for them. Make a list of things you consider ordinary or
mundane and write next to them how God makes them extraordinary.

And whatever you do, whether in word or deed, do it all in the name of
the Lord Jesus, giving thanks to God the Father through him.
Colossians 3:17(NIV)

Heavenly Father, Sometimes the mundane and ordinary things leave
us less than grateful. Please open our hearts to accept all things as
good gifts from you. Amen

Writing Prompt: Do ordinary things ever overshadow the praise that
God deserves for them. Make a list of things you consider ordinary or
mundane and write next to them how God makes them extraordinary.

The background is a solid dark teal color. On the left and right sides, there are stylized, light green leaf-like patterns that curve upwards. In the center, there is a large, white rectangular area with a thin black border. Inside this white area, at the top, is the title 'Hearts of Praise' in a large, elegant, cursive font. Below the title, there is a paragraph of text in a simple, black, sans-serif font. Underneath the paragraph, there is a 'Writing Prompt' in a bold, black, sans-serif font, followed by a question. Below the prompt, there are several horizontal lines for writing. The entire page is framed by a thin black border.

Hearts of Praise

Heavenly Father, please open our hearts to be grateful for the gift that You have given us in Your Son, Jesus . Please help that gift to stay at the forefronts of our minds so we can have hearts of praise and thankfulness to you. We praise Your Great Name for making us your children and giving us an eternal hope. Amen

Writing Prompt: If Jesus were sitting across from you at the table, what would you say to Him? Pour out your heart!

Heavenly Father, please open our hearts to be grateful for the gift that You have given us in Your Son, Jesus . Please help that gift to stay at the forefronts of our minds so we can have hearts of praise and thankfulness to you. We praise Your Great Name for making us your children and giving us an eternal hope. Amen

Writing Prompt: If Jesus were sitting across from you at the table, what would you say to Him? Pour out your heart!

Heavenly Father, please open our hearts to be grateful for the gift that You have given us in Your Son, Jesus . Please help that gift to stay at the forefronts of our minds so we can have hearts of praise and thankfulness to you. We praise Your Great Name for making us your children and giving us an eternal hope. Amen

Writing Prompt: If Jesus were sitting across from you at the table, what would you say to Him? Pour out your heart!
