


# Count my Blessings Day by Day



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JOURNEY YOUR WAY TO  
A DEEPER APPRECIATION  
OF CHRIST AS YOU  
JOURNAL 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've been thinking, how often am I that thankful to God for the mundane, everyday grocery store kind of 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 blazing fiery furnace.

The three young men stood by 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 so 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 they were facing the fiery furnace and they still could say to God, even if you don't save us out of the fire, we will still worship You alone.

Knowing that God is our only hope. Praising the only One that can save us from the fires and trials of life. Our worship should belong only to Him and come out of a heart that is overflowing with gratitude for all that He is. I hope you enjoy writing praises to Him alone as you write through this journal.

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 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 Your 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.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and is set against a dark background.

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?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly aged or off-white appearance.

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 to enter boldly 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.

[illegible]

# 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.

This image shows a single 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.

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.

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

# Seek His Face Always

Seek out the LORD and His strength; seek His face always.

## 1 Chronicles 16:11 (BSB)

Heavenly Father, As I go through my days, please help me to be intentional.

Please help me to represent the true character of God. Putting on and clothing myself in grace , mercy, kindness, peace, love, and gentleness as you would have me do. Thank you for allowing me to lay my old self aside to put on a new me through you. Amen!

**Writing Prompt:** We are to be a representative of Christ daily. List ways you can intentionally be more like Christ in all you do.

[illegible]



Hearts of Praise

“Sing praises to the LORD, for he has done gloriously; let this be made known  
in all the earth. Isaiah 12:5 (ESV)

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!

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*one by one*