

November Gratitude Journal

Day 1

Verse: 1 Thessalonians 5:18 - "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

Prompt: Reflect on a recent challenge and write about what you learned from it.

Day 2

Verse: Psalm 107:1 - "Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!"

Prompt: List three things that highlight God's goodness in your life right now.

Day 3

Verse: Colossians 3:15 - "And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful."

Prompt: Describe a moment when you felt peace and how gratitude played a role in that experience.

Day 4

Verse: Philippians 4:6-7 - "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

Day 4 Prompt: Write about a worry you have and how gratitude can help you manage it.

Day 5

Verse: Psalm 136:1 - "Give thanks to the Lord, for he is good, for his steadfast love endures forever."

Prompt: Reflect on a relationship in your life. What about this person are you grateful for?

Day 6

Verse: Ephesians 5:20 - "Giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ."

Prompt: Make a list of five things you are thankful for today.

Day 7

Verse: James 1:17 - "Every good gift and every perfect gift is from above."

Prompt: Identify a "gift" in your life that you often take for granted. Why is it important to you?

Day 8

Verse: Psalm 95:2 - "Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!"

Prompt: Write about a time you experienced joy. How did it connect to gratitude?

Day 9

Verse: Romans 1:21 - "For although they knew God, they did not honor him as God or give thanks to him."

Prompt: Reflect on a time you recognized God's presence in your life. How did that shape your gratitude?

Day 10

Verse: 1 Chronicles 16:34 - "Oh give thanks to the Lord, for he is good; for his steadfast love endures forever!"

Prompt: Write a thank-you letter to God, expressing your gratitude for His love.

Day 11

Verse: Psalm 118:24 - "This is the day that the Lord has made; let us rejoice and be glad in it."

Prompt: What is one thing you are looking forward to today?

How can gratitude enhance that experience?

Day 12

Verse: 2 Corinthians 9:15 - "Thanks be to God for his inexpressible gift!"

Prompt: Consider the greatest gift you've ever received. What makes it special to you?

Day 13

Verse: Colossians 3:17 - "And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him."

Prompt: How can you incorporate gratitude into your daily activities this week?

Day 14

Verse: Psalm 30:12 - "That my glory may sing your praise and not be silent. O Lord my God, I will give thanks to you forever!"

Prompt: Reflect on a difficult time that eventually led to personal growth. What are you grateful for from that experience?

Day 15

Verse: Luke 17:17-18 - "Then Jesus answered, 'Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?'"

Prompt: Think about a time you showed gratitude to someone. How did it impact your relationship?

Day 16

Verse: Hebrews 12:28 - "Therefore let us be grateful for receiving a kingdom that cannot be shaken."

Prompt: Reflect on the things in your life that feel unshakeable. How do they anchor your gratitude?

Day 17

Verse: 1 Timothy 4:4 - "For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving."

Prompt: Write about something in nature that fills you with gratitude.

Day 18

Verse: Psalm 9:1 - "I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds."

Prompt: List five of God's "wonderful deeds" in your life, big or small.

Day 19

Verse: 1 Chronicles 29:13 - "And now we thank you, our God, and praise your glorious name."

Prompt: How can you praise God this week? Plan a specific action.

Day 20

Verse: Psalm 100:4 - "Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!"

Prompt: What does it mean to you to "enter with thanksgiving"?

Reflect on how you can embody this.

Day 21

Verse: 2 Thessalonians 1:3 - "We ought always to give thanks to God for you, brothers, as is right, because your faith is growing abundantly."

Prompt: Who in your life inspires you with their faith? Write a note of appreciation to them.

Day 22

Verse: John 6:11 - "Jesus then took the loaves, and when he had given thanks, he distributed them to those who were seated."

Prompt: Think of a time when you shared something with others. What were you grateful for in that moment?

Day 23

Verse: Philippians 1:3 - "I thank my God in all my remembrance of you."

Prompt: Recall a fond memory with a loved one. What made it special?

Day 24

Verse: Psalm 136:26 - "Give thanks to the God of heaven, for his steadfast love endures forever."

Prompt: Reflect on a time you felt God's love strongly. What are you grateful for from that experience?

Day 25

Verse: 1 Chronicles 16:8 - "Oh give thanks to the Lord; call upon his name; make known his deeds among the peoples!"

Prompt: How can you share your gratitude with others? Plan a way to express it this week.

Day 26

Verse: Psalm 28:7 - "The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him."

Prompt: Identify a source of strength in your life. How has gratitude shaped your relationship with it?

Day 27

Verse: Ephesians 1:16 - "I do not cease to give thanks for you, remembering you in my prayers."

Prompt: Write a prayer of gratitude for someone in your life who has supported you.

Day 28

Verse: Colossians 1:12 - "Giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light."

Prompt: Reflect on your spiritual journey. What aspects of your faith are you most grateful for?

Day 29

Verse: Psalm 103:2 - "Bless the Lord, O my soul, and forget not all his benefits."

Prompt: List three benefits of being part of your community (family, church, friends).

Day 30

Verse: Psalm 34:1 - "I will bless the Lord at all times; his praise shall continually be in my mouth."

Prompt: Reflect on how you can incorporate gratitude into your daily routine moving forward. What practices will help you keep a thankful heart?

Feel free to adjust these prompts to fit your personal journey, and may this month of gratitude bring you closer to God and those around you!