

MY MENDED SOUL

*IN ALL
THINGS*

30 Days of Gratitude Journaling

MYGENERATION CHURCH

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WELCOME TO YOUR JOURNEY OF GRATITUDE

This journal is more than pages to write on. It's a guided journey to help you pause, reflect, and see God's hand in every part of your life. Over the coming weeks, you'll explore gratitude in trials, in community, for God's creation and provision, and for His unwavering faithfulness. You'll be invited to look deeply at your life, your relationships, and your heart to intentionally give thanks for the ways God shows up, even in the ordinary moments.

You are a real person navigating real life, and this journal meets you there. Some days will be easy, some may feel hard and that's okay. The goal isn't perfection; it's presence. Presence with God, with yourself, and with the life He's given you.

Get ready to reflect, to write, to pray, and to uncover the quiet miracles you might be missing. By the end of this journal, you'll see that gratitude isn't just a feeling — it's a way of living.

Sincerely
Alexandra Lincifort
Alexandra Lincifort



SET THE ATMOSPHERE.

Before you write, pause. Breathe. Pray. Maybe light a candle, play soft worship, or sit in silence. Let your environment match the posture of your heart. This time is between you and God limit distractions

READ THE SCRIPTURE SLOWLY.

Each day begins with a passage from God's Word. Don't rush through it. Read it, sit with it, and let it speak to your spirit. Ask, "God, what are You saying to me right here?"

HOW TO USE THIS JOURNAL

REFLECT WITH HONESTY.

The devotionals and questions are meant to pull something real out of you. Write from the heart. Not for perfection, but for truth. Be open about your emotions, your faith, and your growth. Remember: healing and gratitude start where honesty lives.

PRAY INTENTIONALLY.

Use the short prayers as a starting point, but don't stop there. Add your own words, names, and situations. Gratitude becomes more personal when your prayer does too.

REVISIT & REMEMBER.

As the weeks pass, look back at what you've written. You'll start to see patterns of God's faithfulness and grace woven through your life. Let those reflections remind you that even when seasons change, His goodness remains the same.



Week 1: Gratitude for God's Faithfulness

LAMENTATIONS 3:22–23

FOCUS: REMEMBERING HOW GOD'S MERCIES NEVER FAIL.

GRATITUDE FOR GOD'S FAITHFULNESS

If you take a second and look back over your life... like
really look, you'll see it.

God's fingerprints. His protection. His mercy. His
"somehow" moments when things should've gone left, but
they didn't. When you were on empty, but still made it
through. When you didn't have the strength, but grace
carried you anyway.

That's faithfulness.

Not the kind you earn, but the kind that meets you where
you are daily. This week is about remembering. Not just
what God has done, but who He's always been.

The same God who kept you then is the same God keeping
you now. His mercies are not seasonal, they're new every
single morning. So as you start this journey, take time to
pause and reflect on His track record in your life. He's been
faithful, even in the moments when you weren't.

HE'S STILL THE SAME

DAILY SCRIPTURE:

JESUS CHRIST IS THE SAME YESTERDAY,
TODAY, AND FOREVER

HEBREWS 13:8 (NKJV)

DAILY DEVOTIONAL:

Everything in life shifts. People, plans, emotions. But God? He doesn't. The same Jesus who healed the sick, restored the broken, and redeemed the lost is the same one holding you together now. When you can't make sense of what's changing, anchor yourself in who never does. His faithfulness doesn't expire with seasons.

DAILY REFLECTION:

When you think about your life, where have you seen God stay consistent even when everything else was shifting?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

LORD, THANK YOU FOR BEING
UNCHANGING IN A CHANGING
WORLD. HELP ME TO REST IN THE
TRUTH THAT YOU ARE THE SAME
YESTERDAY, TODAY, AND FOREVER.
AMEN.

NOTES & THOUGHTS

MORNING MERCIES

DAILY SCRIPTURE:

THROUGH THE LORD'S MERCIES WE ARE
NOT CONSUMED, BECAUSE HIS
COMPASSIONS FAIL NOT. THEY ARE NEW
EVERY MORNING; GREAT IS YOUR
FAITHFULNESS.

LAMENTATIONS 3:22-23 (NKJV)

DAILY DEVOTIONAL:

You woke up this morning with fresh mercy. Not leftovers from yesterday, but brand-new grace for today. That means yesterday's mistakes didn't disqualify you. Yesterday's pain didn't cancel God's promise. His compassion resets daily. Every sunrise is proof that He hasn't given up on you, so don't give up on Him.

DAILY REFLECTION:

What new mercies can you recognize in your life right now? Things that remind you God still cares, even after what you've been through?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

FATHER, THANK YOU FOR NEW
MERCIES EVERY MORNING. HELP ME
TO STOP REPLAYING YESTERDAY AND
EMBRACE THE GRACE YOU'VE GIVEN
ME FOR TODAY. AMEN.

NOTES & THOUGHTS

HE KEEPS HIS WORD

DAILY SCRIPTURE:

**GOD IS NOT A MAN, THAT HE
SHOULD LIE, NOR A SON OF MAN,
THAT HE SHOULD REPENT.
HAS HE SAID, AND WILL HE NOT DO?.**

NUMBERS 23:19 (NKJV)

DAILY DEVOTIONAL:

You've been carried more than you realize. There were moments you didn't think you'd make it, but you did. Not because you were strong enough, but because grace had you. God doesn't get tired of holding you up. His faithfulness doesn't run out when you do. He's been carrying you through seasons you thought you walked through alone.

DAILY REFLECTION:

When you look back on your hardest seasons, where can you recognize that it was God who carried you and not your own strength?

TODAY I'M GRATEFUL FOR

1

2

3

PRAYER

FATHER, THANK YOU FOR CARRYING
ME WHEN I COULDN'T STAND ON MY
OWN. HELP ME TO TRUST YOUR
STRENGTH MORE THAN I TRUST MY
OWN. AMEN.

NOTES & THOUGHTS

NOTES & THOUGHTS

CARRIED BY GRACE

DAILY SCRIPTURE:

"EVEN TO YOUR OLD AGE, I AM HE, AND
EVEN TO GRAY HAIRS I WILL CARRY YOU! I
HAVE MADE, AND I WILL BEAR; EVEN I WILL
CARRY, AND WILL DELIVER YOU"

ISAIAH 46:4 (NKJV)

DAILY DEVOTIONAL:

You've been carried more than you realize. There were moments you didn't think you'd make it, but you did. Not because you were strong enough, but because grace had you. God doesn't get tired of holding you up. His faithfulness doesn't run out when you do. He's been carrying you through seasons you thought you walked through alone.

DAILY REFLECTION:

When you look back on your hardest seasons, where can you recognize that it was God who carried you and not your own strength?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

FATHER, THANK YOU FOR CARRYING
ME WHEN I COULDN'T STAND ON MY
OWN. HELP ME TO TRUST YOUR
STRENGTH MORE THAN I TRUST MY
OWN. AMEN.

NOTES & THOUGHTS

WHEN YOU WERE FAITHLESS

DAILY SCRIPTURE:

"IF WE ARE FAITHLESS, HE REMAINS
FAITHFUL; HE CANNOT DENY HIMSELF"

2 TIMOTHY 2:13 (NKJV)

DAILY DEVOTIONAL:

There were times when your faith wavered. When you stopped praying, stopped believing, or almost gave up. Yet God didn't walk away. His faithfulness isn't conditional on your perfection. Even when you were inconsistent, He was steady. Even when you doubted, He stayed. That's who He is, faithful to the end.

DAILY REFLECTION:

Can you think of a time when you turned away from God, but He still showed up for you anyway? What does that say about His love?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

LORD, THANK YOU FOR STAYING
FAITHFUL EVEN WHEN I WASN'T.
REMIND ME THAT YOUR LOVE
DOESN'T DEPEND ON MY
PERFECTION, BUT ON YOUR
CHARACTER. AMEN.

NOTES & THOUGHTS

HE MAKES A WAY

DAILY SCRIPTURE:

"YOUR WAY WAS IN THE SEA, YOUR PATH
IN THE GREAT WATERS, AND YOUR
FOOTSTEPS WERE NOT KNOWN."

PSALM 77:19 (NKJV)

DAILY DEVOTIONAL:

You might not always see how He's working, but He's making a way. Even through waters that look impossible. The Red Sea didn't part until Moses stepped forward. Sometimes God waits for you to move before the miracle does. Even when you can't trace His steps, you can trust His direction. He's the kind of God who makes a way out of no way.

DAILY REFLECTION:

Where do you feel stuck right now and what would it look like for you to trust that God is already making a way you just can't see yet?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

GOD, THANK YOU FOR BEING MY
WAY MAKER. HELP ME TO WALK IN
FAITH EVEN WHEN THE PATH ISN'T
CLEAR. I TRUST THAT YOU'RE
GUIDING ME. AMEN.

NOTES & THOUGHTS

NEVER FAILS

DAILY SCRIPTURE:

"THE LORD IS GOOD, HIS MERCY IS
EVERLASTING, AND HIS TRUTH ENDURES
TO ALL GENERATIONS."

PSALM 100:5 (NKJV)

DAILY DEVOTIONAL:

God's faithfulness didn't start with you and it won't end with you. His track record spans generations. The same God who kept your ancestors is the same one keeping you now. He's been good through wars, storms, and tears and He's still good today. His mercy doesn't run out, and His truth doesn't expire.

DAILY REFLECTION:

When you think about your family history or the generations before you, where can you see evidence of God's faithfulness carrying through?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

LORD, THANK YOU FOR BEING THE
SAME FAITHFUL GOD FROM
GENERATION TO GENERATION. HELP
ME TO TRUST THAT YOUR GOODNESS
WILL NEVER FAIL ME. AMEN.

NOTES & THOUGHTS

GRATITUDE FOR GOD'S FAITHFULNESS

Take a look back at where you've been. The valleys you came through, the prayers God answered, the doors He opened, and even the ones He closed for your good. That's faithfulness.

It's easy to forget how far you've come when you're focused on what's next. But if you slow down, you'll see a pattern. God's hand has never missed a moment.

This week was about remembering that truth:
His mercy never ran out on you, and it never will.

You can face the unknown with peace because the same God who carried you through yesterday is the same one writing tomorrow.

So before you move forward, pause and whisper this truth to your soul:

"He's been faithful — and He still is."



GRATITUDE

WORD SEARCH

F	A	I	T	H	F	U	L	I	V	H	C
E	M	P	H	W	E	R	O	L	O	F	P
A	M	P	A	S	T	U	V	P	S	F	R
D	E	W	N	E	E	D	E	S	I	I	A
E	R	U	K	R	I	K	N	E	O	C	I
R	C	C	F	V	A	L	R	N	N	I	S
S	Y	B	U	I	R	S	G	R	A	C	E
H	T	N	L	C	O	A	C	H	I	N	I
I	I	G	T	E	O	W	P	T	J	T	O
P	C	S	Y	K	K	I	N	D	E	O	N
B	L	E	S	S	I	N	G	T	H	Y	Y

Faithful
Mercy
Love
Grace

Praise
Blessing
Thankful
Joy



thankful



Week 2: Gratitude in Trials

JAMES 1:2–4

FOCUS: LEARNING TO THANK GOD EVEN IN DIFFICULTY.

GRATITUDE IN TRIALS

There's something powerful about gratitude. It shifts the atmosphere. But being grateful when life is good is one thing; being grateful when your heart is breaking, when bills are piling up, when the doctor's report isn't what you hoped for, or when your prayers seem to hang in silence? That's another level.

This week, we're walking through the kind of gratitude that grows in the dark. The kind that doesn't wait for the miracle to show up before saying "thank You." Because real faith thanks God before the door opens. Real faith says, "God, even if You don't fix this the way I want, I still trust You."

Gratitude in trials is not about pretending you're okay. It's about knowing that even when you're not, God is still good. He's still working. He's still writing your story, even in the parts that don't make sense yet.

As you move through this week, take your time. Don't rush these reflections. Let your heart be honest. Some days, "thank You" might come through tears instead of smiles and that's okay. That's real. That's faith.

THANKFUL IN THE STORM

DAILY SCRIPTURE:

"COUNT IT ALL JOY WHEN YOU FALL INTO
VARIOUS TRIALS, KNOWING THAT THE
TESTING OF YOUR FAITH PRODUCES
PATIENCE."

JAMES 1:2-3 (NKJV)

DAILY DEVOTIONAL:

Life can hit hard. Bills stack up, relationships strain, work gets overwhelming. But here's God's whisper in the chaos: "Even now, thank Me." Gratitude in hard times isn't about ignoring the pain; it's about recognizing that God is shaping you, refining you, and giving you resilience. Your trials are not your punishment. They're where you make room to grow.

DAILY REFLECTION:

When you look back at past hardships, where can you see God's hand guiding you, even when you didn't understand it at the time?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

LORD, HELP ME TO SEE YOUR
PURPOSE IN MY TRIALS. TEACH ME
TO THANK YOU, NOT JUST FOR THE
EASY MOMENTS, BUT FOR THE
STORMS THAT STRENGTHEN ME.
AMEN.

NOTES & THOUGHTS

GRATEFUL FOR STRENGTH IN WEAKNESS

DAILY SCRIPTURE:

"AND HE SAID TO ME, 'MY GRACE IS SUFFICIENT FOR YOU, FOR MY STRENGTH IS MADE PERFECT IN WEAKNESS.' THEREFORE MOST GLADLY I WILL RATHER BOAST IN MY INFIRMITIES, THAT THE POWER OF CHRIST MAY REST UPON ME."

2 CORINTHIANS 12:9 (NKJV)

DAILY DEVOTIONAL:

When we feel weak, broken, or inadequate, it's easy to focus on what we can't do. But God flips the script: in our weakness, His power shines. Gratitude here isn't just polite words; it's surrender. Thank God for what feels like lack because it's the very thing that invites His miraculous strength into your life.

DAILY REFLECTION:

What areas of your life feel weak or lacking, and how can you start thanking God in those very spaces for His power to work through you?

TODAY I'M GRATEFUL FOR

1

2

3

PRAYER

FATHER, THANK YOU FOR MEETING ME IN MY WEAKNESS. HELP ME TO LEAN ON YOU FULLY, TRUSTING THAT YOUR POWER IS PERFECT WHEN I AM NOT. AMEN.

NOTES & THOUGHTS

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PRAISE BEFORE THE BREAKTHROUGH

DAILY SCRIPTURE:

"I WILL BLESS THE LORD AT ALL TIMES; HIS
PRAISE SHALL CONTINUALLY BE IN MY
MOUTH."

PSALM 34:1 (NKJV)

DAILY DEVOTIONAL:

Sometimes we want to wait until the blessing shows up before we give thanks. God's Word reminds us to flip that mindset and to praise before the breakthrough. Speaking gratitude while still in the struggle shifts your heart and positions you for God's favor. Even when your situation hasn't changed, your worship changes you.

DAILY REFLECTION:

Where are you holding back your praise because you haven't "seen it yet"? How would it feel to thank God now, before the breakthrough?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

LORD, TEACH ME TO PRAISE YOU IN
EVERY SEASON. HELP ME TO LIFT MY
VOICE WITH THANKSGIVING EVEN
WHEN I DON'T SEE THE FULL
PICTURE YET. AMEN

NOTES & THOUGHTS



THIS OR THAT

Choose which you're most grateful for in this season.

Morning Prayer	OR	Midnight Worship
Peace of Mind		Financial Breakthrough
A Healed heart		A Fresh Start
Family Support		Solid Friendships
Quiet Time Alone		Laughter with Loved Ones
Unexpected Blessings		Answered Prayers
Growth in Faith		Growth in Patience
A Testimony		A Lesson Learned
Worship Music		Time in Prayer
Being Poured Into		Pouring into Others
A Job You Love		The Rest You Need
Forgiveness Given		Forgiveness Received



FINDING JOY IN THE MIDST

DAILY SCRIPTURE:

"REJOICE IN THE LORD ALWAYS.
AGAIN I WILL SAY, REJOICE!"

PHILIPPIANS 4:4 (NKJV)

DAILY DEVOTIONAL:

Rejoicing doesn't always mean laughing or smiling. It's an intentional posture of the heart. Even when life feels heavy, gratitude turns what's present into enough. Choosing joy in trials is like saying, "God, I trust You, even here." It's active, not passive; it's a spiritual muscle we build when we focus on His goodness

DAILY REFLECTION:

What are three things in your current trial that you can genuinely rejoice and thank God for today?

TODAY I'M GRATEFUL FOR

1

2

3

PRAYER

FATHER, GIVE ME EYES TO SEE YOUR
GOODNESS TODAY. LET MY HEART
REJOICE EVEN IN DIFFICULTY,
KNOWING YOU ARE WITH ME IN
EVERY MOMENT. AMEN.

NOTES & THOUGHTS

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GRATITUDE THAT CHANGES PERSPECTIVE

DAILY SCRIPTURE:

"IN EVERYTHING GIVE THANKS;
FOR THIS IS THE WILL OF GOD
IN CHRIST JESUS FOR YOU."

1 THESSALONIANS 5:18 (NKJV)

DAILY DEVOTIONAL:

Giving thanks isn't just polite; it's transformative. Gratitude shifts your focus from lack to provision and from pain to purpose. It rewires your spirit to notice God's fingerprints even in small moments. Trials can feel endless, but thankful hearts see the hidden blessings in the cracks.

DAILY REFLECTION:

How can you practice giving thanks in situations where you usually complain or feel hopeless? What might you start noticing differently?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

LORD, CULTIVATE A HEART IN ME
THAT SEES YOUR BLESSINGS EVEN IN
THE SMALLEST DETAILS. TEACH ME
TO GIVE THANKS IN EVERY
CIRCUMSTANCE, TRUSTING YOUR
PLAN IS GOOD. AMEN.

NOTES & THOUGHTS

TRUSTING HIS TIMING

DAILY SCRIPTURE:

"FOR I KNOW THE THOUGHTS THAT I THINK
TOWARD YOU, SAYS THE LORD,
THOUGHTS OF PEACE AND NOT OF EVIL,
TO GIVE YOU A FUTURE AND A HOPE."

JEREMIAH 29:11 (NKJV)

DAILY DEVOTIONAL:

Life often feels delayed: answers to prayers, breakthroughs, healing. But God's timing is perfect. Gratitude in trials includes trusting that He is orchestrating every step, even when the waiting is painful. Thank Him not only for what He's done but for what He's preparing behind the scenes.

DAILY REFLECTION:

Where are you struggling to trust God's timing? How can you start thanking Him for the unseen work He is doing in your life right now?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

LORD, HELP ME TRUST YOUR TIMING.
LET ME BE THANKFUL NOT ONLY FOR
WHAT I SEE, BUT FOR THE
BLESSINGS YOU ARE PREPARING
THAT I CANNOT YET PERCEIVE.
AMEN.

NOTES & THOUGHTS

GRATEFUL HEART. UNSHAKABLE FAITH

DAILY SCRIPTURE:

"BE ANXIOUS FOR NOTHING, BUT IN EVERYTHING BY PRAYER AND SUPPLICATION, WITH THANKSGIVING, LET YOUR REQUESTS BE MADE KNOWN TO GOD; AND THE PEACE OF GOD, WHICH SURPASSES ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND MINDS THROUGH CHRIST JESUS."

PHILIPPIANS 4:6-7 (NKJV)

DAILY DEVOTIONAL:

Thanksgiving is not a once-in-a-while habit; it's a lifestyle that protects your heart. A grateful heart makes you unshakable in trials because it trusts God above circumstances. As you end this week, reflect on how your gratitude, even in struggle, has brought a taste of peace that no situation can steal.

DAILY REFLECTION:

How has practicing gratitude in the midst of trials this week changed your perspective, your peace, or your trust in God?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

FATHER, I THANK YOU FOR THE PEACE YOU GIVE WHEN I BRING MY NEEDS TO YOU WITH A THANKFUL HEART. GUARD MY MIND AND HEART, AND LET MY FAITH REMAIN UNSHAKABLE, EVEN IN TRIALS. AMEN.

NOTES & THOUGHTS

GRATITUDE IN TRIALS

You made it through a week of choosing gratitude... even when it didn't feel easy. You've wrestled with hard questions, reflected on tough seasons, and maybe even discovered glimpses of God's hand in moments you once thought were wasted.

This is growth. This is healing. This is maturity in motion.

The truth is, gratitude doesn't remove the trial, but it reshapes how you carry it. It reminds you that the same God who brought you through the last thing hasn't changed. It softens your heart and strengthens your faith all at once.

As you close this week, take a moment to breathe and thank God—right here, right now. Not for what you lost, but for what you gained in faith, endurance, and perspective.

Because even in the struggle, there's still beauty.
Even in the storm, there's still purpose.
And even in the waiting, there's still a reason to say,
"Thank You, Lord."



Week 3: Gratitude for Community

HEBREWS 10:24–25

FOCUS: THANKING GOD FOR THE BODY OF CHRIST.

GRATITUDE FOR COMMUNITY

God never designed us to do life alone. No matter how strong, independent, or “I got it” we may be, we all need somebody. The truth is, healing happens in community. Growth happens when we’re surrounded by people who can pray for us, check us when we’re off, and love us back to life when we forget who we are.

This week is about gratitude for people. Not perfect people, but the ones God handpicked to walk alongside you. The church family. The friends who show up when you’re quiet. The mentors who see the best in you. The ones who remind you that God’s love often wears human skin.

As you journey through this week, open your heart to the beauty of the body of Christ. You might find that the very community you’ve taken for granted has been carrying you more than you realize.

WE BELONG TO EACH OTHER

DAILY SCRIPTURE:

"SO WE, BEING MANY, ARE ONE
BODY IN CHRIST, AND
INDIVIDUALLY MEMBERS OF
ONE ANOTHER."

ROMANS 12:5 (NKJV)

DAILY DEVOTIONAL:

We live in a world that glorifies independence , you know, that "I don't need anybody" mentality. But God calls us to interdependence. You weren't meant to do this walk alone. You need people who will pray for you, call you out, lift you up, and remind you who you are when you forget. The enemy thrives in isolation. That's why he pushes you to withdraw when you're hurt or misunderstood. But healing begins when you reconnect. When you remember that we belong to each other.

DAILY REFLECTION:

Where have you pulled away from community out of fear, pride, or disappointment, and what would it look like to open your heart again?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

LORD, REMIND ME THAT I'M NOT
MEANT TO DO LIFE ALONE. HELP ME
TO SEE COMMUNITY AS YOUR GIFT,
NOT MY BURDEN. AMEN.

NOTES & THOUGHTS

IRON THAT SHARPENS

DAILY SCRIPTURE:

"AS IRON SHARPENS IRON,
SO A MAN SHARPENS THE
COURTEOUSNESS OF HIS FRIEND."

PROVERBS 27:17 (NKJV)

DAILY DEVOTIONAL:

Real community isn't about comfort, it's about sharpening. That means there will be friction. People who challenge you, correct you, or see what you're blind to. It doesn't always feel good, but it's necessary. Growth doesn't happen in echo chambers. Sometimes the conversation that stings the most is the one that saves you.

DAILY REFLECTION:

Who has spoken a hard truth into your life that you needed to hear, and how did it change you?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

GOD, HELP ME NOT TO RUN FROM
THE PEOPLE WHO CHALLENGE ME.
GIVE ME THE HUMILITY TO BE
SHARPENED AND THE WISDOM TO
DISCERN WHEN YOU'RE SPEAKING
THROUGH OTHERS. AMEN.

NOTES & THOUGHTS

THE WEIGHT OF UNITY

DAILY SCRIPTURE:

"ENDEAVORING TO KEEP THE
UNITY OF THE SPIRIT IN THE
BOND OF PEACE."

EPHESIANS 4:3 (NKJV)

DAILY DEVOTIONAL:

Unity isn't automatic. It's work. It's forgiveness when you don't feel like forgiving. It's choosing peace when your pride wants to prove a point. The body of Christ can't function right when we're divided by ego, gossip, or offense. Unity is heavy work because it requires death to self. But the weight of unity is worth it because where unity lives, God commands a blessing.

DAILY REFLECTION:

What do you need to lay down (pride, offense, control, etc.) to help maintain unity in your community or church?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

LORD, TEACH ME TO VALUE PEACE
MORE THAN BEING RIGHT. MAKE ME
A VESSEL OF UNITY IN EVERY SPACE
YOU'VE PLACED ME. AMEN.

NOTES & THOUGHTS

HEALING IN CONNECTION

DAILY SCRIPTURE:

"CONFESS YOUR TRESPASSES
TO ONE ANOTHER, AND PRAY
FOR ONE ANOTHER, THAT YOU
MAY BE HEALED."

JAMES 5:16 (NKJV)

DAILY DEVOTIONAL:

Some healing won't come until you open your mouth. God uses people to help carry the weight of what's breaking you. The enemy wants you silent and ashamed, but God wants you seen and supported. Healing flows through honesty and vulnerability. Stop hiding behind "I'm fine." Let someone in. Let them pray you back to strength.

DAILY REFLECTION:

Who do you need to open up to about what you've been quietly battling? What stops you from letting them in?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

FATHER, GIVE ME THE COURAGE TO
BE HONEST WITH SAFE PEOPLE.
SURROUND ME WITH COMMUNITY
THAT HEALS, NOT HARMS. AMEN.

NOTES & THOUGHTS

5 STEPS TO CULTIVATE A HEART OF GRATITUDE

1

PAUSE AND ACKNOWLEDGE THE PRESENT:

Before you scroll, before you stress, pause. Gratitude starts with awareness. Take a moment to breathe and look around. Notice what's right, not just what's wrong. Gratitude grows in the still moments when you slow down long enough to see what God has already done.

2

SHIFT FROM COMPLAINING TO THANKING:

You can't be grateful and grumbling at the same time. When something frustrates you, stop and reframe it. Instead of "Why me, God?" try "What are You teaching me here?" Every challenge holds a seed of purpose and when you find it, you'll find peace.

3

WRITE IT DOWN — DON'T JUST THINK IT:

Gratitude deepens when it's documented. Start writing down three things you're thankful for each day, big or small. Over time, your journal becomes proof that even in hard seasons, God never stopped being good.

4

SPEAK IT OUT LOUD:

There's power in your words. Don't just feel grateful... say it. Tell God "thank You." Text a friend who's been there for you. Speak life over your situation, even when it's not perfect. Gratitude turns ordinary moments into worship.

5

PRACTICE REMEMBERING:

When life gets heavy, look back. Remember the prayers that got answered. The doors that opened. The peace that found you in the storm. Reflecting on God's faithfulness in your past will strengthen your faith for your future.

LOVE BEYOND LIKENESS

DAILY SCRIPTURE:

"A NEW COMMANDMENT I GIVE
TO YOU, THAT YOU LOVE ONE
ANOTHER; AS I HAVE LOVED
YOU, THAT YOU ALSO LOVE
ONE ANOTHER."

JOHN 13:34 (NKJV)

DAILY DEVOTIONAL:

Loving people who think, talk, or act like us is easy. But the call of Christ is deeper than comfort. It's love that crosses difference. Love that forgives without keeping score. Love that serves even when it's inconvenient. If Jesus could wash the feet of the one who would betray Him, then surely we can love beyond what's comfortable for us.

DAILY REFLECTION:

Who in your community do you find difficult to love? What might God be trying to teach you through them?

TODAY I'M GRATEFUL FOR

1

2

3

PRAYER

JESUS, STRETCH MY CAPACITY TO
LOVE LIKE YOU DO. HELP ME TO
REFLECT YOUR HEART, EVEN WHEN
IT'S UNCOMFORTABLE. AMEN.

NOTES & THOUGHTS

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THE POWER OF SHOWING UP

DAILY SCRIPTURE:

"TWO ARE BETTER THAN ONE,
BECAUSE THEY HAVE A GOOD
REWARD FOR THEIR LABOR.
FOR IF THEY FALL, ONE WILL
LIFT UP HIS COMPANION."

ECCLESIASTES 4:9-10 (NKJV)

DAILY DEVOTIONAL:

Sometimes the greatest ministry isn't a sermon. It's showing up. Your presence matters. A text, a hug, a visit or a phone call. These small acts echo heaven's love. We underestimate how much strength there is in community that simply shows up. Because sometimes, the miracle isn't the answer to prayer... it's knowing you're not alone while you wait.

DAILY REFLECTION:

Who in your circle needs you to simply show up for them this week?
What's been keeping you from doing so?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

LORD, GIVE ME A HEART THAT
NOTICES OTHERS. HELP ME TO SHOW
UP FOR PEOPLE THE WAY YOU SHOW
UP FOR ME. AMEN.

NOTES & THOUGHTS

BUILT TOGETHER

DAILY SCRIPTURE:

"IN WHOM THE WHOLE
BUILDING, BEING FITTED
TOGETHER, GROWS INTO A
HOLY TEMPLE IN THE LORD."

EPHESIANS 2:21 (NKJV)

DAILY DEVOTIONAL:

God is building something with us, brick by brick, life by life. You are not a spare part in His design. Your story, your scars, your strengths, they all matter. Sometimes you don't see the beauty because you're looking too close. Step back. Look again. God's building something holy with our broken pieces, and it's bigger than any one of us.

DAILY REFLECTION:

How is God, or could God be using your gifts, story, or experiences to help build up others in your community?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

FATHER, THANK YOU FOR MAKING ME
A PART OF SOMETHING GREATER
THAN MYSELF. USE MY LIFE TO HELP
BUILD WHAT YOU'RE CONSTRUCTING
THROUGH YOUR PEOPLE. AMEN.

NOTES & THOUGHTS

GRATITUDE FOR COMMUNITY

Community isn't always easy. Sometimes it's uncomfortable, stretching, even painful. But it's sacred. It's the way God chooses to reveal Himself through us.

This week reminded us that people aren't perfect, but they're purposeful. Every interaction, every connection, every uncomfortable moment has a lesson. The same people who frustrate you might also be the ones who teach you grace, humility, and patience.

Don't run from the hard parts of community, lean into them. Because it's in those very moments that God molds your character and strengthens your faith.

As you close this week, thank God for the gift of us.

The people who pray for you, check on you, and challenge you to grow. Because together, we reflect the heart of God more clearly than we ever could apart.



Week 4: Gratitude for Creation & Provision

MATTHEW 6:26–30

FOCUS: GOD'S DAILY CARE AND PROVISION

GRATITUDE FOR CREATION & PROVISION

When you slow down long enough to breathe, you start to notice something; God's fingerprints are everywhere. In the sunrise, the rhythm of your breath, the food on your table, the job that sustains you, the peace that holds you when life feels uncertain.

This week, we're pausing to remember that God provides.

Not just in the big miracles, but in the small moments you might've stopped noticing. He feeds the birds, dresses the lilies, and still somehow makes sure you're covered.

Gratitude for creation and provision isn't just about admiring nature or acknowledging blessings, it's about realizing that the same God who runs the universe is still mindful of you.

This week is your reminder: You are not forgotten. You are cared for, covered, and sustained — daily.

THE SOURCE OF EVERY GOOD THING

DAILY SCRIPTURE:

"EVERY GOOD GIFT AND EVERY
PERFECT GIFT IS FROM ABOVE,
AND COMES DOWN FROM THE
FATHER OF LIGHTS, WITH
WHOM THERE IS NO VARIATION
OR SHADOW OF TURNING"

JAMES 1:17 (NKJV)

DAILY DEVOTIONAL:

You didn't make it here on your own. Every breath, every opportunity, every open door, that's God's doing. Sometimes we get so used to His blessings that we stop noticing them. But when you trace back every "good thing" in your life, it all leads to one source: Him. Even when life shifts, He doesn't. His character doesn't flicker or fade. He remains faithful, steady, and consistent. He's your constant in an unstable world.

DAILY REFLECTION:

When you look at your life right now, what are three things that you can recognize as gifts from God? The things you might've started taking for granted?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

FATHER, THANK YOU FOR EVERY GIFT
THAT FLOWS FROM YOUR HAND.
HELP ME TO SEE YOU IN BOTH THE
BIG AND SMALL THINGS. AMEN.

NOTES & THOUGHTS

HE KNOWS WHAT YOU NEED

DAILY SCRIPTURE:

"THEREFORE DO NOT WORRY,
SAYING, 'WHAT SHALL WE EAT?'
OR 'WHAT SHALL WE DRINK?' OR
'WHAT SHALL WE WEAR?'... FOR
YOUR HEAVENLY FATHER
KNOWS THAT YOU NEED ALL
THESE THINGS."

MATTHEW 6:31-32 (NKJV)

DAILY DEVOTIONAL:

You stress because you care about bills, about the next step, about how it's all going to come together. But God cares too. More than you realize. He knows what you need before you even ask. Provision isn't just about money or things, it's about trust. When you learn to rest in His care, you stop hustling from fear and start moving from faith.

DAILY REFLECTION:

Where are you still worrying instead of trusting? What would it look like for you to truly rest in knowing that God already has it handled?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

LORD, REMIND ME THAT YOU SEE MY
NEEDS BEFORE I EVEN VOICE THEM.
HELP ME TO RELEASE MY ANXIETY
AND TRUST YOUR PROVISION FULLY.
AMEN.

NOTES & THOUGHTS

THE GOD WHO SEES YOU

DAILY SCRIPTURE:

"THEN SHE CALLED THE NAME OF
THE LORD WHO SPOKE TO HER,
'YOU-ARE-THE-GOD-WHO-SEES';
FOR SHE SAID, 'HAVE I ALSO HERE
SEEN HIM WHO SEES ME?'"

GENESIS 16:13 (NKJV)

DAILY DEVOTIONAL:

When Hagar ran into the wilderness, alone, forgotten, and used, God met her there. He didn't wait for her to get it together. He saw her right where she was. That same God sees you too. He sees your quiet exhaustion, your hidden prayers, your private needs. His provision begins with His awareness. He doesn't just supply; He notices.

DAILY REFLECTION:

Where in your life do you feel unseen or overlooked, and how might it change your perspective to remember that God sees you there?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

GOD, THANK YOU FOR BEING THE
ONE WHO SEES ME. REMIND ME THAT
I AM NEVER HIDDEN OR FORGOTTEN
IN YOUR EYES. AMEN.

NOTES & THOUGHTS

MANNA FOR TODAY

DAILY SCRIPTURE:

"THEN THE LORD SAID TO MOSES,
'BEHOLD, I WILL RAIN BREAD FROM
HEAVEN FOR YOU... THAT I MAY
TEST THEM, WHETHER THEY WILL
WALK IN MY LAW OR NOT."

EXODUS 16:4 (NKJV)

DAILY DEVOTIONAL:

The Israelites wanted enough manna for tomorrow, but God only gave them what they needed for today. Because trust grows when you stop depending on storage and start depending on Him. Sometimes God doesn't give you overflow. Not because He can't, but because He's teaching you daily dependence. He wants to be your Source, not your backup plan.

DAILY REFLECTION:

Where are you asking God to give you more when He's trying to teach you to trust Him daily?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

FATHER, HELP ME NOT TO FEAR
LACK. TEACH ME TO RELY ON YOU
FOR MY DAILY PORTION AND TO
TRUST THAT YOU WILL ALWAYS
PROVIDE ENOUGH FOR TODAY.
AMEN.

NOTES & THOUGHTS

CREATION SPEAKS

DAILY SCRIPTURE:

"THE HEAVENS DECLARE THE
GLORY OF GOD; AND THE
FIRMAMENT SHOWS HIS
HANDIWORK."

PSALM 19:1 (NKJV)

DAILY DEVOTIONAL:

Every sunrise preaches a sermon. Every ocean wave, every mountain peak, every quiet night sky, it all whispers, "God is here." Creation doesn't rush. It doesn't doubt its Source. The trees don't worry if they'll bloom again. The sun never questions if it'll rise tomorrow. If creation can rest in God's consistency, why can't you?

DAILY REFLECTION:

When was the last time you slowed down long enough to notice God's presence in nature and what does that tell you about His consistency in your life?

TODAY I'M GRATEFUL FOR

1	2	3

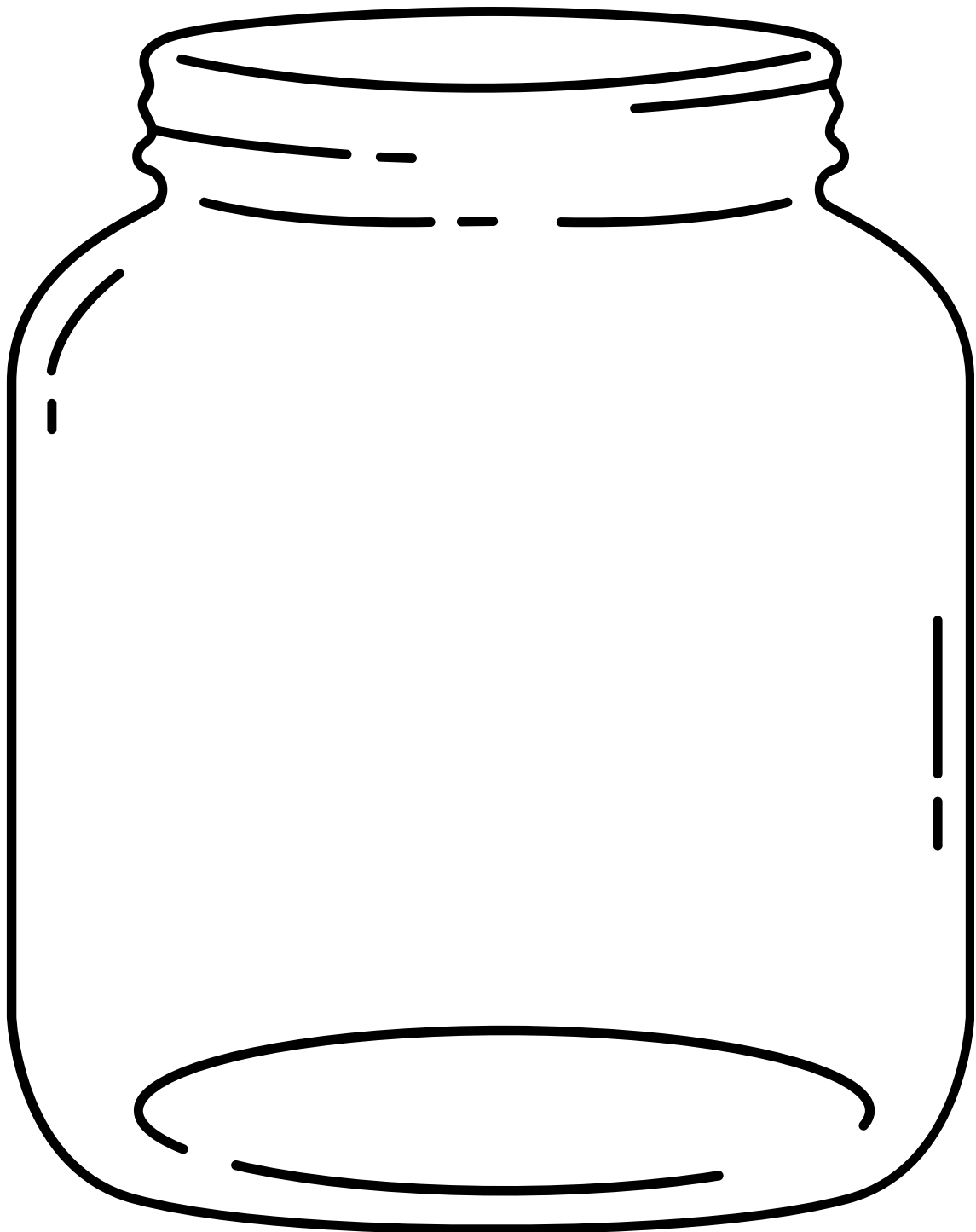
PRAYER

LORD, OPEN MY EYES TO SEE YOU IN
ALL YOU'VE MADE. LET CREATION
REMIND ME THAT YOU ARE
CONSTANT, FAITHFUL, AND NEAR.
AMEN.

NOTES & THOUGHTS

GRATITUDE JAR

Use this jar to jot down something you are grateful for. Implement this practice at home by using a real jar and everyday, drop a piece of paper into the jar each time your grateful and read them at the end of the year or whenever you need a reminder or a pick me up.



THE TABLE IS STILL SET

DAILY SCRIPTURE:

"YOU PREPARE A TABLE BEFORE
ME IN THE PRESENCE OF MY
ENEMIES; YOU ANOINT MY HEAD
WITH OIL; MY CUP RUNS OVER."

PSALM 23:5 (NKJV)

DAILY DEVOTIONAL:

Even when life feels hostile, God still sets the table. Your enemies might be watching, but your Shepherd is still serving. That's provision. Not just for your body, but for your peace. You don't have to fight for what's already yours. God knows how to feed you, anoint you, and sustain you in the middle of chaos.

DAILY REFLECTION:

Where in your life is God still providing peace, strength, or opportunity in the middle of pressure or opposition?

TODAY I'M GRATEFUL FOR

1	2	3

PRAYER

FATHER, THANK YOU FOR PREPARING
A TABLE FOR ME EVEN IN HARD
PLACES. REMIND ME THAT NOTHING
AND NO ONE CAN STOP WHAT
YOU'VE ALREADY SET IN MOTION.
AMEN.

NOTES & THOUGHTS

NEVER EMPTY

DAILY SCRIPTURE:

"THE LORD WILL GUIDE YOU CONTINUALLY,
AND SATISFY YOUR SOUL IN DROUGHT, AND
STRENGTHEN YOUR BONES; YOU SHALL BE
LIKE A WATERED GARDEN, AND LIKE A
SPRING OF WATER, WHOSE WATERS DO
NOT FAIL."

ISAIAH 58:11 (NKJV)

DAILY DEVOTIONAL:

There are seasons when it feels like you're pouring and nothing's pouring back. Yet somehow, you're still standing. That's not luck, that's God. He doesn't just give you what you need, He sustains you when you should've run dry. You're not surviving on your own strength. You're being watered by a Source that never runs out.

DAILY REFLECTION:

When you look at what should've broken you, how can you see evidence that God has been your strength and your sustainer all along?

TODAY I'M GRATEFUL FOR

1

2

3

PRAYER

LORD, THANK YOU FOR BEING MY
ENDLESS SOURCE. EVEN IN MY DRY
SEASONS, YOU KEEP ME WATERED,
GROUNDED, AND STRONG. AMEN.

NOTES & THOUGHTS

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GRATITUDE FOR COMMUNITY

This week has been a reminder that provision isn't always about getting what you want. It's about realizing you already have what you need.

God's care is not occasional; it's constant. You are living proof of that. The same God who kept you through the last season is the One sustaining you right now. And even when you can't see how it'll work out, He's already making a way.

Before you move on, take a moment to breathe and to look around at the evidence of His care. You're still here. You're still provided for. You're still chosen, loved, and seen.

And that's more than enough reason to say,
"God, thank You for taking care of me."



CARRYING GRATITUDE FORWARD

Gratitude is not just a practice, it's a lens through which life becomes richer, fuller, and more meaningful. You've started to see the small miracles, the quiet blessings, and the steadfast love of God in ways that can transform your heart.

Carry this with you. Keep a gratitude jar at home. Speak your thankfulness aloud. Journal whenever you need to reconnect. And remember that the God who has been faithful in these weeks is the same God who will continue to meet you tomorrow and every day after.

Your heart, now trained to notice the blessings, will never see life the same way again. And that is the beautiful gift of gratitude.

If you remember nothing else, remember this:
God is faithful... always





GRATITUDE WORD SEARCH

F	A	I	T	H	F	U	L	I	V	H	C
E	M	P	H	W	E	R	O	L	O	F	P
A	M	P	A	S	T	U	V	P	S	F	R
D	E	W	N	E	E	D	E	S	I	I	A
E	R	U	K	R	I	K	N	E	O	C	I
R	C	C	F	V	A	L	R	N	N	I	S
S	Y	B	U	I	R	S	G	R	A	C	E
H	T	N	L	C	O	A	C	H	I	N	I
I	I	G	T	E	O	W	P	T	J	T	O
P	C	S	Y	K	K	I	N	D	E	O	N
B	L	E	S	S	I	N	G	T	H	Y	Y



Faithful
Mercy
Love
Grace

Praise
Blessing
Thankful
Joy

thankful