



PRAYER &
GRATITUDE
journal

www.gracefilledpathways.com



List three things, big or small, that brought you joy today.



How has God's love been evident in your life recently?



Write a short prayer, thanking God for His faithfulness.



"Give thanks to the Lord, for He is good; His love endures forever." —
Psalm 107:1



What moment from today made you smile the most?



Reflect on God's guidance in your life and express your gratitude.



Share one way you can spread joy to others today.



"I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds." — Psalm 9:1



What prayer has God answered recently?



How does trusting in God's plan bring you peace?



Write a thank-you note to God for His provision in your life.



"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." — Philipians 4:6



Name one recent blessing that filled your heart with joy.



How has God's greatness been evident in your daily life?



Commit to sharing your gratitude with someone today.



"The Lord has done great things for us,
and we are filled with joy." — Psalm
126:3



List three gifts from God that you often take for granted.



Reflect on God's consistent goodness in your life.



Think of a friend or family member who has blessed you and thank them.



"Every good and perfect gift is from above, coming down from the Father of the heavenly lights." — James 1:17



Describe a moment of peace you experienced today.



How has God brought peace to your heart recently?



Take a moment to pray for peace in someone else's life.



"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful." — Colossians 3:15



What's one thing in nature that reminds you
of God's greatness?



How can you express your
gratitude through worship
today?



Spend five minutes in worship or
listening to a song of praise.



"Sing to the Lord with grateful praise;
make music to our God on the harp." —
Psalm 147:7



What challenge have you recently overcome,
and how did it shape you?



How can you thank God even
during difficult times?



Identify a lesson God has taught
you through recent challenges.



"Give thanks in all circumstances; for
this is God's will for you in Christ
Jesus." — 1 Thessalonians 5:18



Recall a time when you felt especially close to God.



How has praise helped you connect with God?



Write a prayer of thanksgiving, focusing on God's presence in your life.



"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name." — Psalm 100:4



What's a recent unexpected blessing you received?



Reflect on the ultimate gift of salvation through Jesus.



How can you share the joy of salvation with others?



"Thanks be to God for his indescribable gift!" — 2 Corinthians 9:15



How has God been your strength recently?



What does it mean to trust God fully?



Write a prayer asking God to strengthen someone in need.



"The Lord is my strength and my shield;
my heart trusts in him, and he helps
me." — Psalm 28:7



What's one way you can proclaim God's goodness to others?



Reflect on how sharing your testimony can inspire others.



Write down a short testimony of God's goodness in your life.



"Give thanks to the Lord, call on his name; make known among the nations what he has done." — 1 Chronicles 16:8



What's a worship song that speaks to your heart?



How can worship help cultivate gratitude in your life?



Spend a few minutes singing or listening to a song of thanksgiving.



"I will praise God's name in song and glorify him with thanksgiving." — Psalm 69:30



What's a joyful memory you're thankful for today?



How can music enhance your relationship with God?



Create a gratitude playlist to listen to during your prayer time.



"Let us come before him with thanksgiving and extol him with music and song." — Psalm 95:2



How have you experienced generosity recently?



How can generosity bring glory to God?



Find a way to be generous today, whether through time, words, or resources.



"You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God." — 2 Corinthians 9:11



How has God's righteousness brought you comfort?



What does God's righteousness mean to you?



Write a prayer of gratitude, focusing on God's justice and mercy.



"I will give thanks to the Lord because of his righteousness; I will sing the praises of the name of the Lord Most High." — Psalm 1:17



What aspect of God's character are you most thankful for today?



How can reflecting on God's goodness transform your attitude?



Share a testimony of God's goodness with a friend or family member.



"Give thanks to the Lord, for he is good; his love endures forever." — 1
Chronicles 16:34



How has scripture impacted your gratitude today?



What role does music play in your spiritual life?



Memorize a scripture about gratitude and meditate on it.



"Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts." — Colossians 3:16



How has God's steadfast love encouraged you?



How can you show gratitude for God's enduring love?



Write down a list of ways God has shown His love in your life.



"Oh give thanks to the Lord, for he is good; for his steadfast love endures forever!" — Psalm 136:1



What's one benefit of knowing God that you're grateful for?



How has God provided for you recently?



Write a prayer of thanks, focusing on God's provisions.



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



How can you incorporate gratitude into your daily actions?



How does living with a thankful heart impact those around you?



Practice one act of gratitude today in your words or deeds.



"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



How can you share God's greatness with others today?



How does sharing your gratitude inspire others?



Write down one way you can encourage someone in their faith journey.



"Give thanks to the Lord and proclaim his greatness. Let the whole world know what he has done." — Psalm 105:1



What's one thing you've learned from a recent challenge?



How can rejoicing in hard times draw you closer to God?



Write a prayer thanking God for His presence, even in trials.



"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." — 1 Thessalonians 5:16-18



What's a small, everyday thing you're grateful for?



How can you show gratitude for God's creation?



Spend time appreciating something in nature today.



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



What's one habit you can develop to keep gratitude in your heart daily?



How does constant praise transform your outlook on life?



Write a prayer committing to a life of continual praise.



"I will extol the Lord at all times; his praise will always be on my lips." —
Psalm 34:1



How has fellowship encouraged your spiritual growth?



Why is it important to give thanks for community?



Write a note of gratitude to a spiritual mentor or friend.



"They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer."
— Acts 2:42



What's one thing about your relationship
with God that brings you joy?



How can worship help
cultivate a heart of
gratitude?



Spend time in worship, thanking
God for His goodness.



"Shout for joy to the Lord, all the
earth. Worship the Lord with gladness;
come before him with joyful songs." —
Psalm 100:1-2



How has God provided for your needs recently?



What does it mean to you that God is your shepherd?



Write a prayer of thanksgiving, focusing on God's guidance.



"The Lord is my shepherd, I lack nothing." — Psalm 23:1



What's one way God has shown His glory in your life?



How does praising God increase your gratitude?



Write a list of five things you're grateful for right now.



"Now, our God, we give you thanks, and
praise your glorious name." — 1
Chronicles 29:13



What's one way God has delivered you recently?



How does God's deliverance lead to greater gratitude?



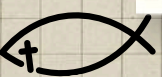
Write a final prayer of gratitude, summarizing your reflections over the 30 days.



"Thanks be to God, who delivers me through Jesus Christ our Lord!" —
Romans 7:25

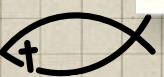


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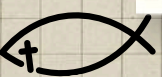


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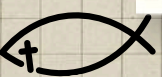


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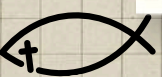


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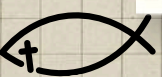


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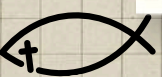


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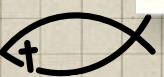


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