



THE MORE WE REMEMBER GOD. THE DEEPER OUR GRATITUDE GROWS.

gRatituDe journal

EAT | PRAY | WALK

THANK



THANK YOU JESUS

gRatituDe journal

this book belongs to:





1 Thessalonians 5:16-18 (NLT)

Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

DRAW SOMETHING THAT YOU ARE THANKEUL FOR.

Psalm 50:23 (NLT)

Giving thanks is a sacrifice that truly honors me.

If you keep to my path, I will reveal to you the salvation of God.

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1 Chronicles 16:34 (NLT)

Give thanks to the Lord, for he is good! His faithful love endures forever.

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1 Timothy 4:4 (NLT) Since everything God created is good, we should not reject any of it but receive it with thanks.

DRAW SOMETHING THAT YOU ARE THANKFUL FOR.
I AM THANKFUL FOR

Colossians 2:6-7 (NLT)

Just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.

DRAW SOMETHING THAT YOU ARE THANKFUL FOR.	
I AM THANKFUL FOR	

John 14:1 (NLT) Don't let your hearts be troubled. Trust in God, and trust also in me.

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Genesis 1:1 (NLT) In the beginning God created the heavens and the earth.

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I AM THANKFUL FOR	



Find These Items We Can Be Thankful For Above

















HANKFU (circle all that apply) 37@@

Learn to Say Thank You in 12 Different Languages





ARABIC

Спасибо (spaseebo)



RUSSIAN

Gracias (gratheeas)



SPANISH

Danke (dahn-keh)



GERMAN

Merci (mayr-see)



FRENCH

Grazie (grats-yeh)



ITALIAN

Obrigado (o-bree-gha-do)



PORTUGUESE

谢谢

शुक्रिया (shukriya)



HINDI

Asante (asante)



SWAHILI

ありがとう (arigatou)



JAPANESE



CHINESE

고맙습니다 (gomabseubnida)



KOREAN

Colossians 3:16 (NLT)

Let the message about Christ, in all its richness, fill your lives.

Teach and counsel each other with all the wisdom he gives.

Sing psalms and hymns and spiritual songs to God with thankful hearts.

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Psalm 1:1-2 (NLT)

Oh, the joys of those who do not follow the advice of the wicked, stand around with sinners, or join in with mockers. But they delight in the law of the Lord, meditating on it day and night.

Philippians 4:6-7 (NLT)

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

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Psalm 115:14 (NLT) May the Lord richly bless both you and your children.

DRAW SOMETHING THAT YOU ARE THANKFUL FOR.

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Deuteronomy 32:10 (NLT)

He found them in a desert land, in an empty, howling wasteland. He surrounded them and watched over them; he guarded them as he would guard his own eyes.

DRAW SOMETHING THAT YOU ARE THANKFUL FOR.	
I AM THANKFUL FOR	

Psalm 37:4 (NLT) Take delight in the Lord, and he will give you your heart's desires.

DRAW SOMETHING THAT YOU ARE THANKFUL FOR.

I AM THANKFUL FOR			

Isaiah 41:10 (NLT)

Don't be afraid, for I am with you. Don't be discouraged, for I am your God.
I will strengthen you and help you. I will hold you up with my victorious right hand.

DRAW SOMETHING THAT YOU ARE THANKFUL FOR.
I AM THANKFUL FØR











doodle here :)

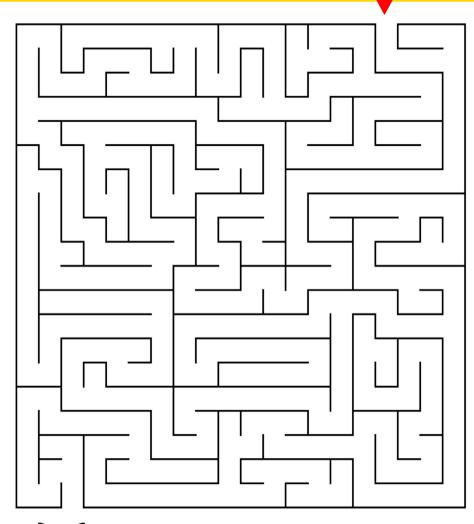




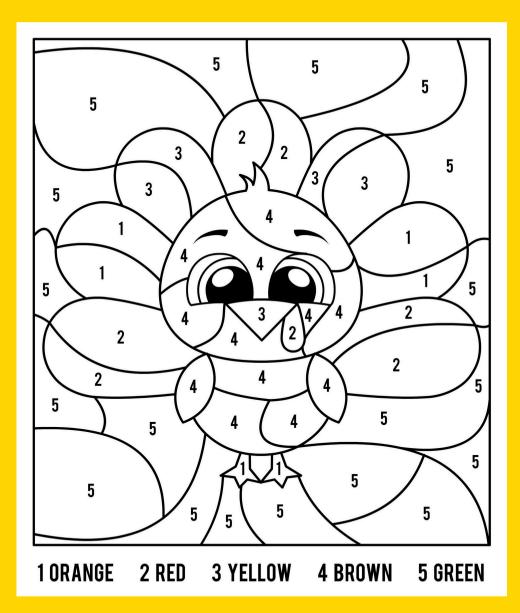


God is good









I GROW in JESUS by MITATING his life.

"Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God." Ephesians 5:1-2



I GROW in Jesus by GATHERING with his family.

"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another..." Hebrews 10:24-25



I GROW in Jesus by READING the Bible & praying.

"If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you." John 15:7



I GROW in Jesus by OBEYING God with love.

"If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love." John 15:10



I GROW in Jesus by WORSHIPING him.

"Oh come, let us worship and bow down; let us kneel before the Lord, our Maker!" Psalm 95:6



Romans 8:1 (NLT)

So now there is no condemnation for those who belong to Christ Jesus.

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I AM THANKFUL FOR

Psalm 121:1-2 (NLT)

I look up to the mountain does my help come from there?

My help comes from the Lord, who made heaven and earth!

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James 4:10 (NLT) Humble yourselves before the Lord, and he will lift you up in honor.

DRAW SOMETHING THAT YOU ARE THANKFUL FOR.
I AM THANKFUL FOR

John 16:33 (NLT)

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.

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Psalm 34:18 (NLT)

The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.

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I AM THANKFUL FOR	

1 Timothy 1:12 (NLT)

I thank Christ Jesus our Lord, who has given me strength to do his work.

He considered me trustworthy and appointed me to serve him.

DRAW SOMETHING THAT YOU ARE THANKFUL FOR.	
I AM THANKFUL FOR	

Revelation 7:12 (NLT)

Amen! Blessing and glory and wisdom and thanksgiving and honor and power and strength belong to our God forever and ever! Amen.

DRAW SOMETHING	G THAT YOU ARE THANKFUL FOR.	
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Read through one of the selected Scriptures under each heading and help your children pray based on the verse you read. Encourage them to listen to God and allow His Spirit to guide them as they pray.

character focus

Begin by thanking God for taking care of you Psalm 100:5 | Psalm 118:29 | John 10:11

Tell God about the times you are tempted to complain instead of being thankful.

Deuteronomy 8:17–18 | Isaiah 57:17–18 | Luke 12:15

heart search



Thank God for ways you have seen you family express their thankfulness.

flsk God to help you, your siblings and your parents to remember to be thankful for everything.

Psalm 115:6-7 | Colossians 3:17 | 1 Thessalonians 5:16-18

personal requests "Thank you, God, for the strength you give me to face each day with courage and grace."

EAT PRAY WALK

