

THE  
WEEKLY  
GRATITUDE  
PROJECT



A CHALLENGE TO JOURNAL,  
REFLECT, AND GROW A  
GRATEFUL HEART

 ZONDERVAN®







# Contents

<i>How to Use This Journal</i>	XV
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## Purposeful

<b>The Purpose of Gratitude</b>	<b>3</b>
Week 1: Gratitude Transforms	4
Week 2: Gratitude Heals	6
Week 3: Gratitude Lifts Your Spirit	8
Week 4: Disappointment Can Deflate You	10
Week 5: Discouragement Can Drain You	12
Week 6: Losses Can Devastate You	14
Week 7: Gratitude Uproots Bitterness	16
Week 8: Gratitude Highlights Your Gifts	18
Week 9: Gratitude Teaches Presence	20
Week 10: You Will Learn Contentment	22
Week 11: You Will Find Joy	24
Week 12: You Will Feel Peace	26

## Motivations

<b>The Reasons for Gratitude</b>	<b>31</b>
Week 13: He Died for You	32
Week 14: He Made You	34
Week 15: He Chose You	36
Week 16: He Sought You	38
Week 17: He Leads You	40

Week 18: He Comforts You	42
Week 19: He Heals You	44
Week 20: He Frees You	46
Week 21: He Adores You	48

## Promises

What He's Promised	53
Week 22: A Helper	54
Week 23: His Return	56
Week 24: His Power	58
Week 25: His Peace	60
Week 26: What You Need	62
Week 27: What You Desire	64
Week 28: A Place of Rest	66
Week 29: A Place to Belong	68
Week 30: Abundance	70

## Gifts

What He's Given	75
Week 31: Grace	76
Week 32: Hope	78
Week 33: Love	80
Week 34: A Family	82
Week 35: Help	84
Week 36: Friends	86
Week 37: Food to Eat	88
Week 38: Clothes to Wear	90
Week 39: Spiritual Gifts	92
Week 40: Opportunities	94

# Applications

The Practice of Gratitude	99
Week 41: Set Your Mind	100
Week 42: Start a List	102
Week 43: Grow Your List	104
Week 44: Read and Remember	106
Week 45: Give Thanks Out Loud	108
Week 46: Give Thanks Before Others	110
Week 47: Learn Others' Needs	112
Week 48: Become a Servant	114
Week 49: Go Back to the Basics	116
Week 50: Offer a Sacrifice	118
Week 51: Begin with Gratitude	120
Week 52: End with Gratitude	122









# How to Use This Journal



*Enter his gates with thanksgiving, and his courts  
with praise! Give thanks to him; bless his name!*

**PSALM 100:4**

**G**ratITUDE, expressing it and surrounding yourself with it, is truly life changing. God's Word and His promises are full of His many blessings, giving us countless reasons to voice our gratitude and thankfulness. But gratitude can feel tough to find in a world full of busyness, neglect, and doubt.

This book is intended to help you grow your gratitude, to help thankfulness flourish in your life, and to expand your heart. Each week you'll find thoughts, questions, and Scripture verses for you to reflect on. You are encouraged to plant your roots deep into the wonder of God's blessings, the steadfastness of His love, and the truth of His faithfulness.

Record your thoughts, your prayers, and your gratitude here. Take note of all the things you have to be grateful for and all the ways you see God blessing your life. Watch how you will steadily grow a more grateful heart and a faith that strengthens and deepens and inspires others.









Purposeful



# The Purpose of Gratitude



**A**lways give thanks for everything,” Paul wrote in Ephesians 5:20 (TLB).  
*Okay, Paul, we think. But you don’t know about . . .*

No doubt you face difficult circumstances. Paul did too—we’re talking stonings, shipwrecks, and starvation. He faced hard times, and because of them, he knew we’d need a reminder: always give thanks.

It takes work and intention to be grateful—to see what you have and not what you’re missing, to focus on your gifts and not on your losses. It requires setting your mind on the right things and putting forth effort day by day, again and again.

It’s challenging, friend. But it’s so worth it.

How do we know? Paul told us, after grasping for gratitude firsthand. Even behind prison walls, Paul found gratitude a key ingredient to a hopeful perspective and a happy life. Not because it took away his chains but because it changed the way he saw them: “I am an ambassador in chains, that I may declare [the gospel] boldly” (Ephesians 6:20).

Gratitude can do the same for you. You may be stuck in difficult circumstances. The rough road you’re walking may stretch for unknown miles. But gratitude can renew your mind (Romans 12:2) and transform the way you see your circumstances.

Said another way, gratitude is a new window you can use to see the world.

You may peer out and see the same old life, same old circumstances, and same old struggles. But among them, now you also see something good. Something hopeful. Something praiseworthy. Something to be thankful for.

WEEK 1

# Gratitude Transforms



*Fix your attention on God. You'll be  
changed from the inside out.*

ROMANS 12:2 MSG

**I** *f only I had . . . if only I could . . .*

So often we fix our attention on the “if onlys,” and we’re left feeling dissatisfied. But there is One who satisfies fully and forever. Fix your attention on God, and let your gratitude for Him begin to change you from the inside out.



What are you fixated on right now? Maybe it’s something that you want, or something that you lost. Write what’s on your heart.

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WEEK 2

# Gratitude Heals



*“My wayward children,” says the LORD, “come back to me, and I will heal your wayward hearts.”*

**JEREMIAH 3:22 NLT**

Sometimes it feels like our anxious minds are the control center of our bodies. When our hearts are stuck on what brings us down, they *keep* us down—emotionally and spiritually. Gratitude is a way back up. A step toward God. A path to healing our hearts.



Can you think of ways your heart needs to heal? Are you battling discouragement, disappointment, or discontent?

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Name three things you're grateful for today. Then, set a timer for two minutes and focus **only** on those things. How did this practice make you feel?

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How might practicing an exercise like this regularly help your heart to heal?

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WEEK 3

# Gratitude Lifts Your Spirit



*My soul . . . is bowed down within me. But this  
I call to mind, and therefore I have hope: The  
steadfast love of the LORD never ceases.*

LAMENTATIONS 3:20–22

When your soul feels “bowed down,” like a tree that bends during a storm, how do you cope? To comfort himself, Jeremiah remembered “the steadfast love of the LORD.” When you need a lift, you can do the same. Focus on God’s love—a gift that is yours *no matter what*.



Read Romans 8:31–39. Create a list of all the things that can never separate you from God’s love. How does this list lift your spirit?

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What other gifts from God can you be thankful for no matter what?

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