



52 WEEKS
— of —

Gratitude

A ONE-YEAR JOURNAL
TO REFLECT, PRAY, AND RECORD
THANKFULNESS

**UNCORRECTED
PROOF**

This journal belongs to:

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Date:

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52 Weeks of Gratitude

A ONE-YEAR JOURNAL

TO REFLECT, PRAY,
AND RECORD THANKFULNESS



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Introduction

*When thou hast truly thanked the LORD for every blessing sent,
But little time will then remain for murmur or lament.*

HANNAH MORE

The feelings we experience day by day—anxiousness, contentment, anger, happiness—can be a product of our outlook rather than our circumstances. We all have the power to choose an attitude of gratitude.

Over the next fifty-two weeks, this journal will help you turn your thoughts toward recognizing the blessings God has poured into your life, even during difficult times. As you do so, you will experience greater joy and find inner strength.

This book is divided into four sections, each highlighting a sphere of life in which you can find much to be thankful for: your home, your community, your faith, and the beauty around you. Each week features a Bible verse, a reflection question to journal on, and an action prompt to help you develop the practice of being grateful. Finally, at the end, you'll find a twelve-month gratitude list, where you can begin the daily habit of recording one thing you're thankful for.

This year, resolve to make gratitude to God your first response when life threatens to overwhelm you. Observe how your heart changes when you focus on your blessings rather than your problems. And don't be surprised if others around you start catching some of that joy!

Home





Home

This is the true nature of home—it is the place of Peace; the shelter, not only from injury, but from all terror, doubt, and division.

JOHN RUSKIN

Home. What a rich word, so full of promise and hope, memories and dreams, but also pain and sorrow mixed with joy and laughter. First steps. First pets. Favorite meals. Celebrations. Lessons. Sickness. Hugs. Bills to pay. Cozy pajamas. Summer barbecues.

Whether you live in a microscopic apartment or a seven-bedroom barndominium (it's really a thing), all alone or crowded among family members and appendages, the adage about there being no place like home generally rings true. Your home is—or should be—the one place you can feel safe, nourished, rested, and free to be yourself.

With so many people around the world suffering because of homelessness or abject living conditions, we should never take for granted having a place we can call home. Even on your toughest day, if you can climb into your own bed with a full belly, not fearing the night, you have much to be grateful for.

Learning to see the smallest comforts as blessings to celebrate will bring much joy into your home...and life!



Nourishment

The people of Israel called the bread manna.

It was white like coriander seed and tasted

like wafers made with honey.

EXODUS 16:31

When the Israelites fled Egypt, they carried with them troves of food. Soon that abundance began to wane, and they called out to God for help. The manna He dropped from the sky provided all the vitamins, minerals, and nourishment the Israelites could ever need. Talk about the ultimate comfort food!

REFLECT

Think back to your favorite comfort food growing up. How did it make you feel whenever someone prepared it for you?

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RESPOND

SURPRISE SOMEONE THIS WEEK WITH HIS OR HER FAVORITE MEAL OR DESSERT.

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Hospitality

Share with the LORD's people who are in need.

Practice hospitality.

ROMANS 12:13

If being a hostess doesn't come naturally to you, it's tempting to leave hospitality to those who seem more naturally gifted in that area. However, opening our homes and lives to friends and strangers can be one of the most rewarding experiences we will ever have.

REFLECT

In what ways has God abundantly provided for your needs, either directly or through the generosity of others?

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RESPOND

FIND SOMEONE IN YOUR CHURCH OR NEIGHBORHOOD WHO IS USUALLY ALONE AND INVITE HIM OR HER OVER FOR A MEAL, OR TAKE A HOME-COOKED DISH TO A PERSON OR FAMILY WHO MIGHT NEED THE EXTRA HELP.

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