



to:

from:

date:

Visit Christian Art Gifts, Inc., at www.christianartgifts.com.

Thank you, God! 90 Day Gratitude Journal for Kids

Published by Christian Art Gifts, Inc., Bloomingdale, IL, USA.

© 2024 by Nancy Taylor. All rights reserved.

Designed by Christian Art Gifts, Inc.

Cover and interior images used under license from Shutterstock.com

Scripture quotations are taken from the *Holy Bible*, New Living Translation, copyright ©1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved.

© All rights reserved. No part of this book may be reproduced in any form without permission in writing from the publisher, except in the case of brief quotations embodied in critical articles or reviews.

ISBN 978-1-63952-768-7

Printed in China.

29 28 27 26 25 24

10 9 8 7 6 5 4 3 2 1

Printed in Shenzhen, China September 2024 Print Run: PUR404627
--



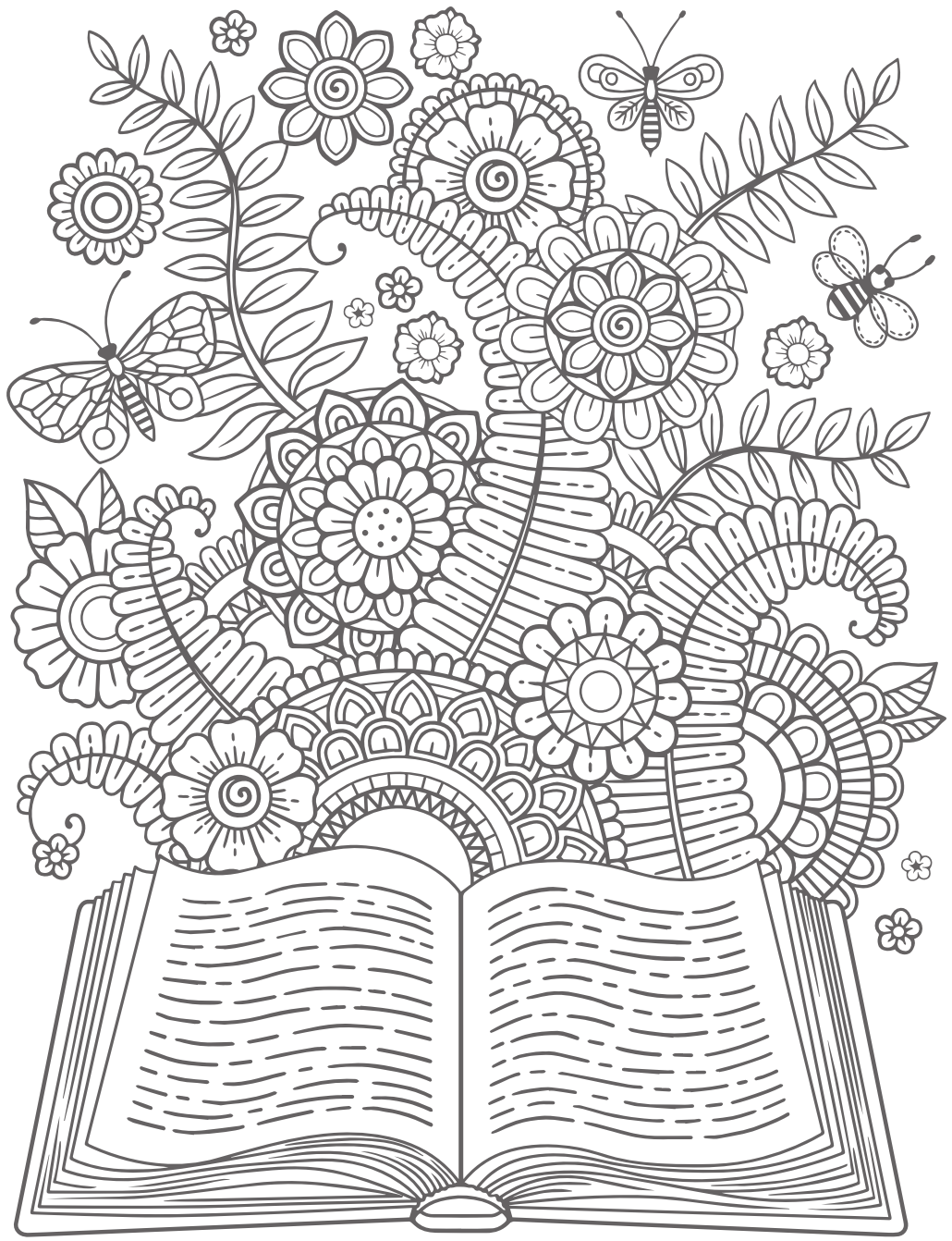
THANK you, GOD

90-Day Gratitude
Journal for Kids

Nancy Taylor



Christian Art
PUBLISHERS



What are you thankful for today?

Is that an easy question to answer, or is it a little bit challenging?

What do you think would happen in your heart and mind if every day you thought about three things you're grateful for—and wrote them down so you could remember them? At the end of 90 days, you would have a list of 270 gifts from God and a whole lot of evidence that He loves you.

If we want to be happier and healthier, the best thing we can do for ourselves (and for our children, if we are parents) is to grow a thankful heart. Scientists say we actually change our brain chemistry when we list things we are grateful for. It improves our focus, moods, and outlook. It becomes natural to find the good in life rather than focusing on the bad.

More importantly, being thankful is a way we worship God. Reminding ourselves of who He is and what He has done for us is one simple way we can express our love for Him. And He loves it when we tell Him, "Thank You!"

For each of the 90 entries in this book, you'll find a verse, a few words to help you think about how the verse applies to your life, and space to list three things you're thankful for. There is also artwork you can color or add your own doodles to, and each day also includes "Did you know?" facts to enhance your gratitude for all of God's good gifts. Let this be a simple way to get started on a lifetime of looking for God's gifts and expressing gratitude for them.

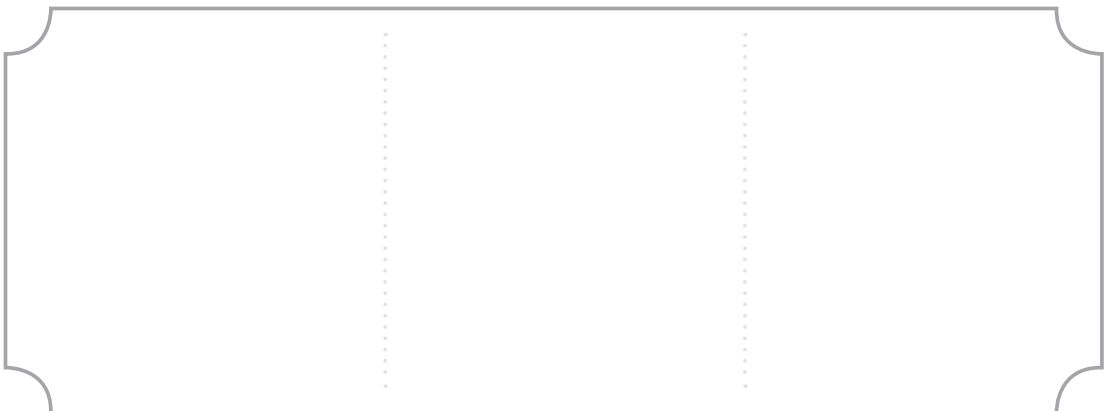
Day 1

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

1 Chronicles 16:34

There is always something to be thankful for because God is always good and faithful, and He loves you with an endless love. If today was a good day, you probably have a lot of things you can think of that you're thankful for. But if today was a not-so-good day, you can still thank God for who He is. And if you search hard enough, you will find some ways He showed you His love even on a bad day. Maybe He sent a friend to cheer you up, or maybe you were able to play outside.

Today I'm thankful for...





Did you know? When you finish this book you will have written down 270 things you're thankful for. That is a lot!
Try to come up with different ones for each entry.

Day 2

Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow.

James 1:17

What's the best present you ever received? Maybe your mom and dad or a friend gave it to you, and maybe it's something you use nearly every day. It's great to receive something you love from someone you love, but when it comes right down to it, everything good in our lives comes from God. He made everything and is in control of everything. As you list the things you're grateful for today, thank God for all His good gifts in your life.

Today I'm thankful for...





Did you know? People receive love in different ways. Some people feel most loved when someone gives them gifts, other people feel most loved through acts of service or time spent together. What love languages do you speak best?

Day 3

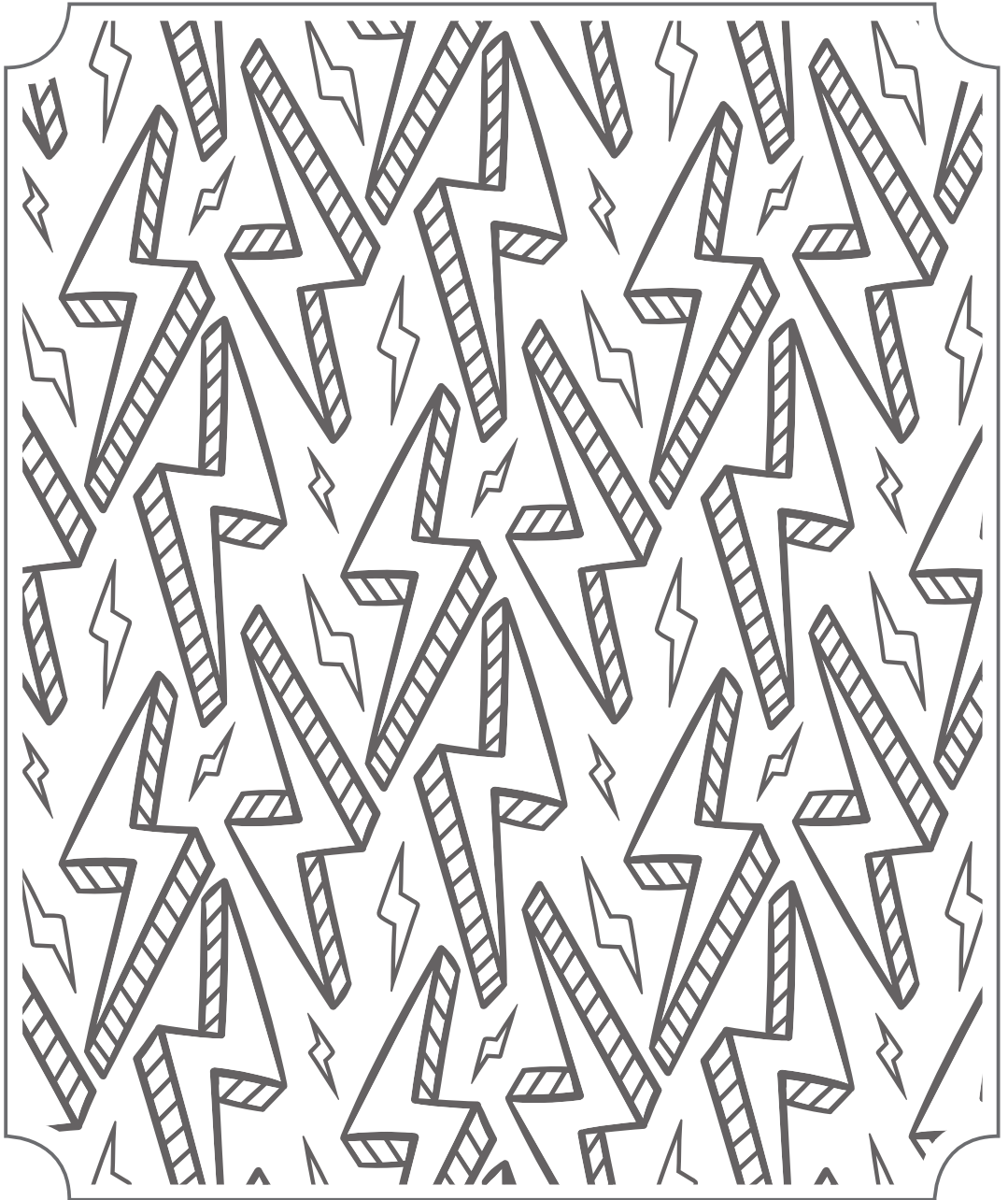
Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

1 Thessalonians 5:18

One of the best things we can do for ourselves is to learn to be thankful even when bad things happen to us. The truth is, God is always in control, and everything He allows to happen to us is for our good. We can always trust Him, and the hard things help us learn to love and trust Him more. So be thankful no matter what—on rainy days or sunny days, when you are sick or when you are healthy, when everything goes right and when everything goes wrong.

Today I'm thankful for...





Did you know? When bad or scary things happen, we can always go to God. He is our safe place in every storm. Read about what happened when the disciples turned to Jesus during a storm in Mark 4:35-41.

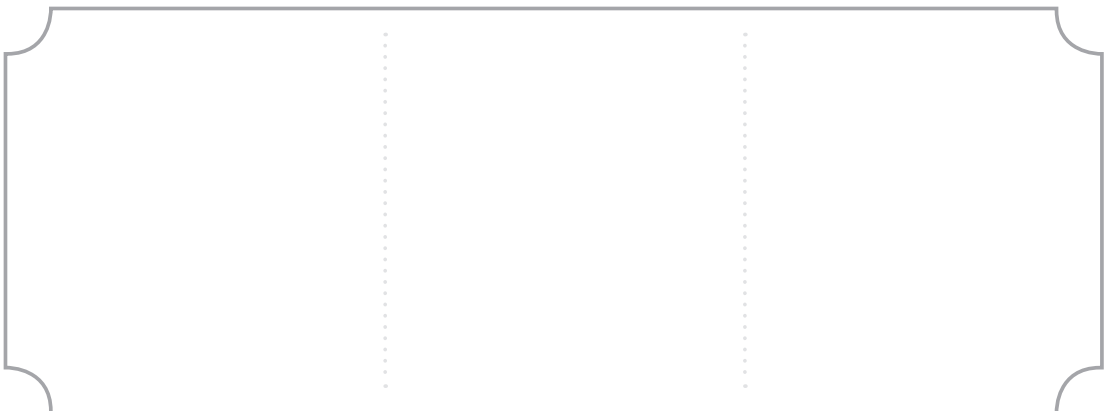
Day 4

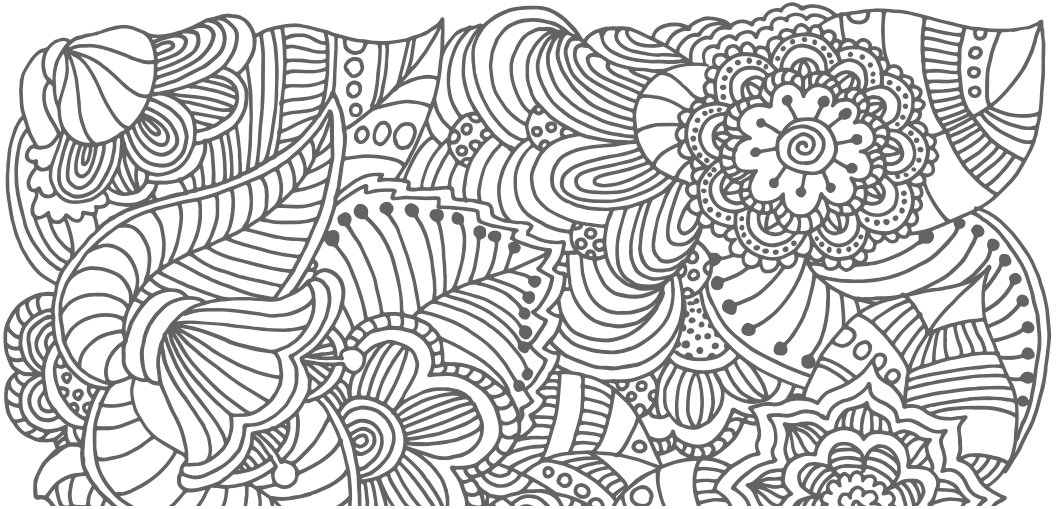
The LORD your God is indeed God. He is the faithful God who keeps his covenant for a thousand generations and lavishes his unfailing love on those who love him and obey his commands.

Deuteronomy 7:9

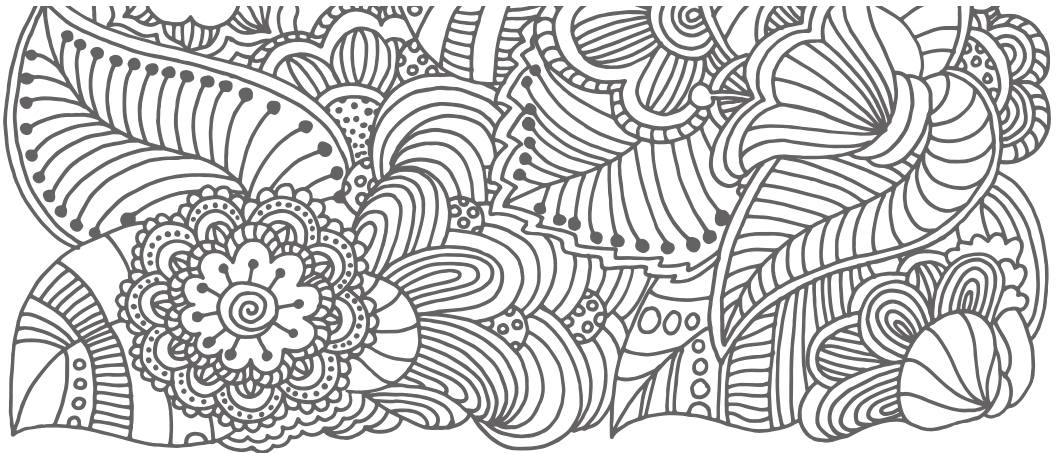
Whenever the Bible talks about God's faithful love, it's really talking about the covenant. That's the agreement God made with His people that said they should obey Him, and He would love them forever and make a place for them to live in His blessing. The best part of the covenant is that it's unbreakable. People may let us down or move away, but God never will. He cannot stop loving us, even when we disobey, and that is something we can be thankful for every day!

Today I'm thankful for...





His faithful love
endures forever



Did you know? The covenant in the Old Testament with all the sacrifices and laws (you can read all about it in Exodus and Leviticus) was replaced by a new covenant—Jesus' blood shed at the cross so that we can be forgiven and live forever with Him.

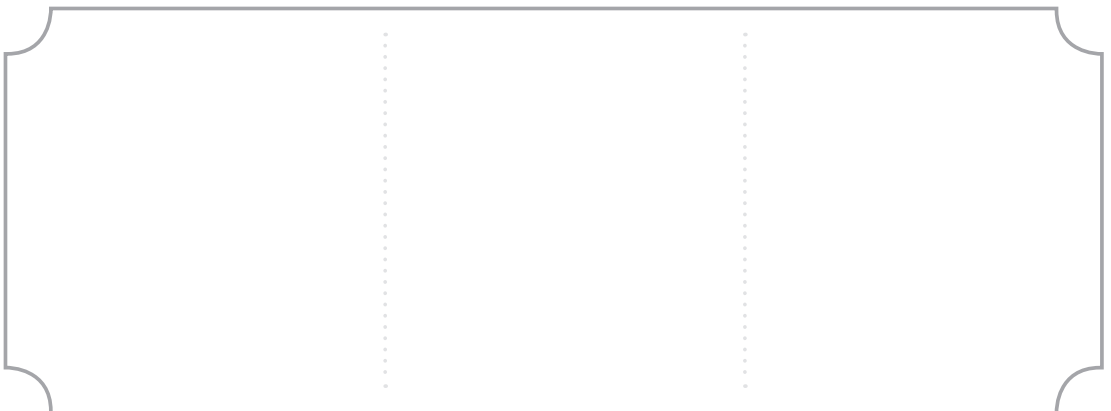
Day 5

Give thanks for everything to God the Father in the name of our Lord Jesus Christ.

Ephesians 5:20

Give thanks for everything. Are you serious? How can I be thankful for my broken arm or for the fact that my dad lost his job? Being grateful for everything is a way we can show God that we trust Him. Everything that happens to us, even broken arms and unemployment, is part of the way God is helping us love Him more. In the end, those hard things will be worth it, so thank Him now for the things you don't understand and watch how He will work everything out for good in the end.

Today I'm thankful for...





Did you know? Reading stories about people who have experienced hard times helps us know how to face our own hard times. Ask your parents to help you find a Christian biography you could read or watch that will help you learn how to give thanks in all circumstances.

Day 6

And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.

Colossians 3:15

What is ruling in your heart today? Is it anxiety and worry, or is it peace and trust that God will work everything out? The truth is, most of what we worry about doesn't happen—which shows what a waste of time it is. If we allow God's peace to rule in our hearts, we will naturally become more thankful people because we will be so grateful that God loves us and is taking care of us. The more we put our trust in Jesus, the more we will see His lovingkindness toward us.

Today I'm thankful for...





Did you know? Scientists found that people who wrote letters of gratitude felt less anxious and recovered faster from mental illness than those who did not. Gratitude has the power to actually change our lives.

Day 7

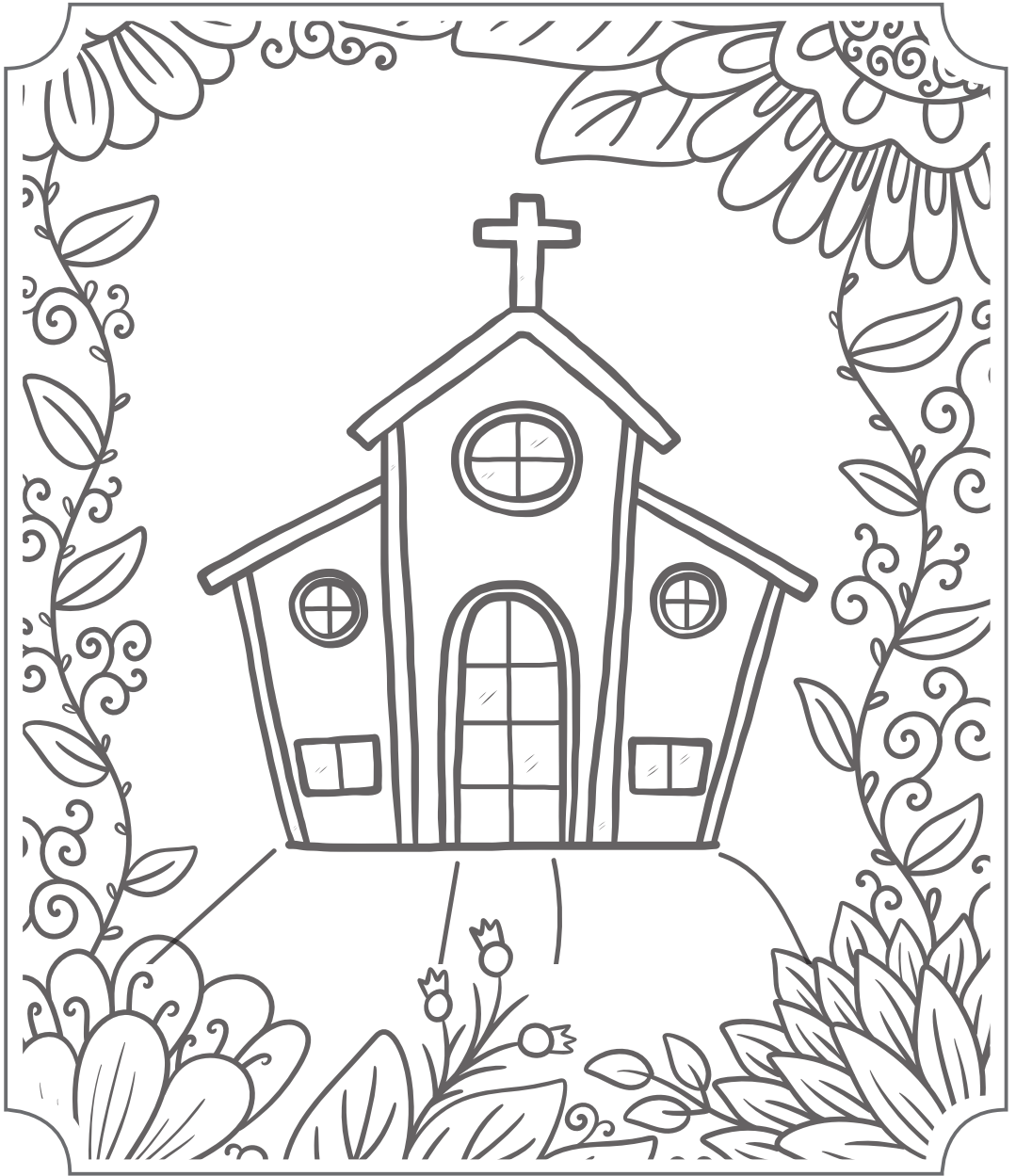
Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name. For the LORD is good. His unfailing love continues forever, and his faithfulness continues to each generation.

Psalm 100:4-5

Are Sunday mornings often rushed in your house? It's not uncommon for kids and grown-ups to be a little grumpy by the time we get ready and get to church on time. But this verse tells us we should go through the church doors shouting praise and thanksgiving. Why? Because God is good, and His loving faithfulness goes on forever. If that's not a good reason to get out of bed with a smile on your face, I don't know what is—whether it's a Sunday or not.

Today I'm thankful for...





Did you know? Psychologists (that's doctors who help us with mental and emotional health) recommend regular church attendance as a way to increase happiness and peace. It's scientifically proven that going to church is good for us.