Wake up to gratitude

A Journal to help you skip the overwhelm and jumpstart your day with an attitude of gratitude!

Wake Up to Gratitude

Journal Entry

The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning. -Lamentations 3:22-23 (NLT)

1. Think of a time in your life when hope felt distant, yet upon the figurative dawning of a new day, God showed up with mercy.

2. Whether little or small, what can you intentionally look forward to with each morning?

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And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.
-Colossians 3:15-17(ESV)

1. Tune into your local worship station (or favorite playlist, etc) and let the words wash over you.. Lift those words to Jesus. What song or songs seem to resonate? Is there a message of gratitude God is revealing to you through this time of worship?
2. Where do you think you can begin to apply this message in your life?

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Bless the Lord, O my soul, and all that is within me, bless his holy name! Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's. -Psalm 103:1-5 (ESV)

1. Read and meditate on this verse. What does the Lord bring to the forefront of your mind?

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Give thanks to the Lord, for he is good! His faithful love endures forever. -Psalm 107:1 (NLT)

1. In what ways has God shown you He loves you no matter what?
1. List 5-10 things you are grateful for today! Then thank God for each of them and for His love!

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See that no one repays anyone evil for evil, but always seek to do good to one another and to everyone. Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. -1 Thessalonians 5:15-18(ESV)

1.Is there a place in your life where resentment or bitterness has settled? Ask God to reveal those areas to you and then surrender those feelings. Intentionally choose to rejoice , pray, and give thanks.

2. Sometimes we have to start with the old adage of faking it until making it. So, even if that first step was forced, how did you feel after surrendering, rejoicing, praying, and giving thanks?

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First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Savior, who desires all people to be saved and to come to the knowledge of the truth. -1 Timothy 2:1-4(ESV)

1. Take time to pray for those whom you may not naturally be lead to pray. Even those with you may be in disagreement. Each time you catch yourself speaking words of criticism, trade it for prayer.
2. What are some things you have noticed about your thoughts and attitude when you trade the criticism for prayer?

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Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. -James 1:2-4(ESV)

1. What trial have you faced in your life that has caused you to grow stronger in character, strength, and faith?
2.It is so much easier to see the growth from the perspective of today, but if you are facing a trial right now, can you remember what God did and right now give thanks knowing that He will once again bring you to a place of a better, stronger you?

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So don't be misled, my dear brothers and sisters. 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 1:16-17 (NLT)

1. Who and what are the good and perfect gifts you have received from God?

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I will praise you, Lord, with all my heart; I will tell of all the marvelous things you have done. -Psalm 9:1 (NLT)

1. How can you praise God today and share that praise with others in your day-to-day life?
2. If you did it, how did it go?

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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. -Colossians 2:7 (NLT)

1. Look in the mirror and into your own eyes. Who do you see? Is it a precious child of God created in His reflection? Or is the reflection of the world finding it's way into your mirror? How is that effecting your gratitude?

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