

Gratitude/Prayer Journaling

*“Rejoice always, pray without ceasing, in everything give thanks, for this is God’s will for you in Christ Jesus.” –
1Thessalonians 5:16-18*

Challenges I’m Facing:

1. _____
2. _____
3. _____

Blessings I’m Grateful For: (If you woke up tomorrow with only what you thanked God for today...)

1. _____
2. _____
3. _____
4. _____
5. _____

Rejoice: “In the challenges and the blessings, I rejoice in You, Lord!”

Pray: Cast your cares on Jesus, let Him know your heart and put your trust in Him

Give Thanks: Thank God for His provision in your challenges according to His word. Thank Him for who He is, what He’s done, and has yet to do in your life!