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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!

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Rest

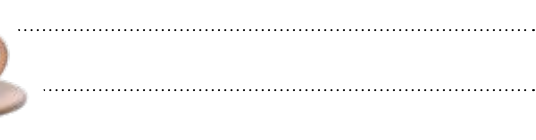
and I will give you rest.

MATTHEW 11:28

When we are most tired often coincide most on our plates. But when we are operating at our best. Even though it's at the time during our busy days, it is that we need to relax, refresh, and revitalize.

REFLECT

guilty if you spend time resting instead of working?
 Does it take items off your to-do list? How do you feel
 about yourself after you rest?

[illegible]

RESPOND

CARVE OUT—AHEAD OF TIME—
AT LEAST TEN MINUTES EACH
DAY THIS WEEK TO BE CALM
AND QUIET IN GOD'S PRESENCE
WITHOUT THINKING ABOUT
ANY OF YOUR RESPONSIBILITIES
OR CHORES. ASK GOD TO
GIVE YOU REST.

WEEK 2



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.

Bath Time

The LORD blesses his people with peace.

PSALM 29:11

A nice, warm bath can reduce stress and give you a sense of calm and comfort. Enhance the atmosphere with fragrant candles, bubbles, calming music, and maybe even a good book. Afterwards, let all your worries swirl down the drain while you wrap yourself in a nice, soft robe.

REFLECT

Think about the last time you soaked in a tub. How did it make you feel?

[illegible]

RESPOND

CARVE OUT AT LEAST
HALF AN HOUR FOR
YOURSELF TO ENJOY
A BATH THIS WEEK,
AND USE THAT TIME
TO THANK GOD FOR HIS
GRACE AND BLESSINGS

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WEEK 5



Water

Whoever drinks the water I give them will never thirst.

JOHN 4:14

Simply turn on a faucet, and you can access all the water you need. No wonder it's so easy to take it for granted! Yet if you've ever been on a long hike or bike ride where you ran out of water, you suddenly realize how important even a small amount is.

REFLECT

What are at least five ways water sustains and enriches your life?

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RESPOND

THIS WEEK, KEEP A COUPLE OF EXTRA WATER BOTTLES IN YOUR CAR OR FRIDGE TO SHARE WITH A HOMELESS PERSON, SOMEONE WORKING OUTSIDE, YOUR MAIL CARRIER, OR SOMEONE ELSE WHO MIGHT NEED IT OR APPRECIATE IT.

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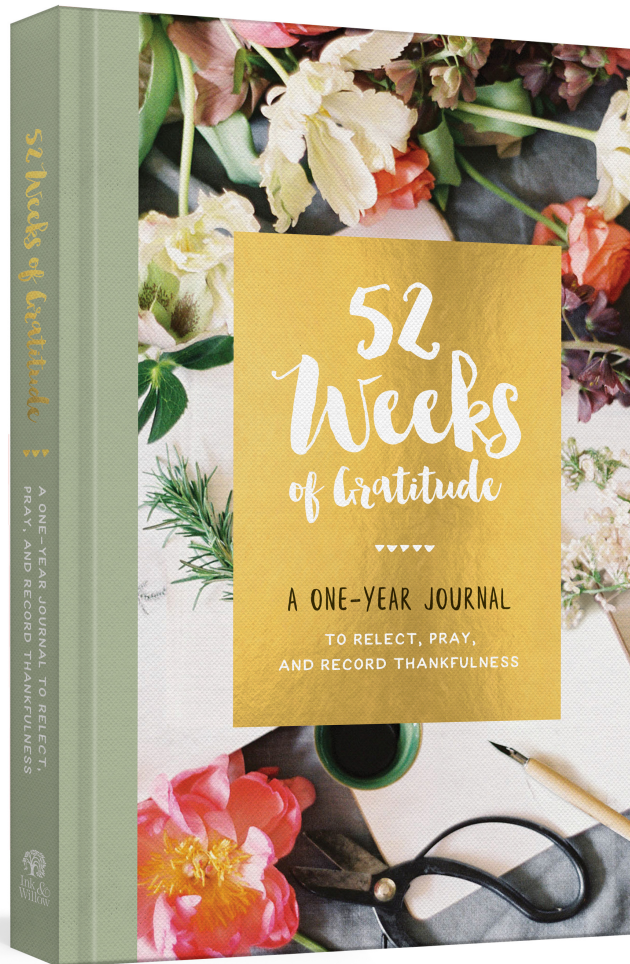
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Order Today!!

BUY NOW

