



FaithWorks Counseling

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GRADITUDE ACTIVITIES

"Always give thanks to God the Father for everything, in the name of our Lord Jesus Christ."
Ephesians 5:20 (NIV)

1. The Power of Gratitude

Gratitude shifts focus from what's missing to what's meaningful. It grounds us, softens stress, and deepens connection with God and others. Regular gratitude practice:

- ❖ Increases joy and contentment
- ❖ Reduces anxiety and negative thinking
- ❖ Strengthens relationships and empathy
- ❖ Encourages mindfulness and hope

2. Create a Gratitude Jar

What You'll Need:

- ❖ A jar, vase, or container
- ❖ Small slips of paper or index cards
- ❖ Pens, markers, stickers, or decorations

Steps:

- ❖ **Label your jar:** For families or individuals: "Our Family Gratitude Jar," "Blessings," or something meaningful.
- ❖ **Decorate your jar:** Make it creative—add stickers, flowers, fall leaves, Scripture verses, or drawings.
- ❖ **Set a rhythm:** Individuals write 1–3 gratitude notes daily or weekly; families share at mealtime or bedtime.
- ❖ **Include all kinds of gratitude:** small joys, acts of kindness, lessons learned, or signs of God's faithfulness.
- ❖ **Empty the jar in the morning, end of day, at the dinner table, etc.:** read the note aloud together, reflecting on God's provision and grace. For families, take turns reading each note aloud.

3. Additional Gratitude Ideas

- ❖ **Gratitude Journal:** Write 3 new blessings each night.
- ❖ **Gratitude Walk:** Reflect or pray while walking outdoors, naming things you appreciate.
- ❖ **Gratitude Letters:** Write a note to someone who impacted you this year.
- ❖ **Thankful Prayer:** Begin each morning by thanking God for one thing before making requests.

4. Family Gratitude Ideas

- ❖ **Table Talk:** Go around the table and share 'one high, one low, one gratitude.'
- ❖ **Gratitude Tree:** Tape paper leaves on a wall or branch with thankfulness notes.
- ❖ **Photo Challenge:** Take daily photos of things you're thankful for and make a collage.
- ❖ **Gratitude Jar Challenge:** Fill your jar before Christmas, then serve or donate as a family act of thanks.

5. Reflection Prompts

Prompt	Example Response
One challenge that taught me something valuable...	My job stress helped me set boundaries.
Someone who showed me kindness this year...	My neighbor checked on me when I was sick.
A way I've seen God's hand at work...	He provided when I didn't know how the bills would be paid.
A small joy I often overlook...	Warm sunlight through my window in the morning.

6. Closing Thought

"Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name."
— Psalm 100:4 (NIV)

May you slow down long enough to notice the blessings already around you — and give them a home in your heart.

Many blessings,
Dr. Debbie