



FaithWorks Counseling

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PRACTICING GRATITUDE: A DAILY GUIDE FOR CHRISTIANS

Why Practice Gratitude?

- Gratitude shifts our focus from what's missing to what God has already provided.
- Scripture reminds us to give thanks in all circumstances (1 Thessalonians 5:18).
- Gratitude strengthens faith, renews hope, and deepens our relationship with Christ.

How to Practice Gratitude Daily

1. Gratitude Journal with Scripture

- Each day, write down **3 things you're thankful for** and consider pairing them with a Bible verse.
- Example entry:
 - I'm grateful for my cozy blanket → *"He makes me lie down in green pastures; He leads me beside quiet waters."* (Psalm 23:2)
 - I'm grateful my coworker helped me → *"Carry each other's burdens, and in this way you will fulfill the law of Christ."* (Galatians 6:2)

2. Thank God in Prayer

- Begin and/or end the day with a prayer of thanksgiving.
- Example: "Lord, thank You for the breath in my lungs, the roof over my head, and the people who care for me."

3. Gratitude Pause

- When feeling rushed or stressed, pause for 30 seconds to whisper:
"Thank You, Lord, for this moment and for being with me."

4. Gratitude Jar

- Write notes of thankfulness for God's blessings and keep them in a jar.
- Read them aloud at the end of the week or month as a way to celebrate God's goodness.
- Read a note from the jar as a source of comfort when feeling sad, anxious, worried, etc.

5. Bedtime Gratitude

- Before sleep, name **one blessing from the day** and close with a prayer:
*"Father, thank You for walking with me today. Thank you for blessing me with _____.
Help me to rest in Your peace."*

Tips for Success

- Tie gratitude to **daily devotionals or Bible reading**.
- Involve family by sharing blessings around the dinner table.
- Sing or listen to worship songs of thanksgiving (e.g., *"Give Thanks with a Grateful Heart"*).

Reflection Questions

- How do you feel after focusing on gratitude for a week?
- What changes in your mood, stress, or perspective do you notice?
- How have you seen God's hand in your life this week?

Remember

- Gratitude is more than a habit—it's an act of worship.
- Gratitude is like a muscle—the more you use it, the stronger it gets.