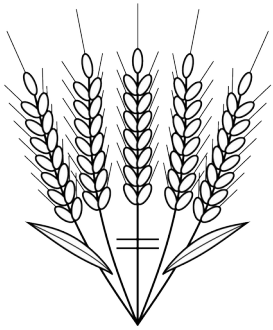
A GRATITUDE JOURNAL

25 Days *of Thanksgiving*



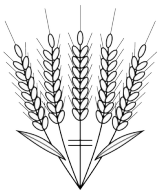
November 1 – 25, 2026

From November 1 to the day before Thanksgiving, this journal walks with you for 25 days. Each page holds a short Scripture verse, a brief prayer, and space to write three things you are thankful for.

1. Find a quiet moment each day. Morning coffee or the end of the evening both work well.
2. Read the verse slowly, perhaps twice.
3. Pray the prayer, or pray in your own words.
4. Write three things you are thankful for today. Be specific. “The phone call from my granddaughter” says more than “family.”
5. If you miss a day, simply pick up where you are. Grace is part of the practice.

THE HEART OF THIS JOURNAL

The most important part of each page is writing down three things you are thankful for. On busy days you may not have time to read the verse or pray, and that is all right. But please try not to skip your three blessings. Even a few words will do.



Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us.

HEBREWS 12:1



PRAY

Faithful God, thank you for the saints who walked before me and showed me the way. Help me run my own race with the same faith and love. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

This is the day that the LORD has made; let us rejoice and be glad in it.

PSALM 118:24



PRAY

Lord, open my eyes to the gifts hidden in this day. Teach me to receive each morning as new from your hand. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

The eyes of all look to you, and you give them their food in due season. You open your hand; you satisfy the desire of every living thing.

PSALM 145:15–16



PRAY

Generous God, thank you for daily bread and for the farmers, workers, and cooks who share in your provision. Make me grateful at every meal. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety.

PSALM 4:8



PRAY

Lord, thank you for shelter, warmth, and a place to rest. Fill my heart with gratitude for the ordinary gifts of my daily life. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

God settles the solitary in a home.

PSALM 68:6



Pray

Loving God, thank you for the people you have placed around me. Bless them today, and help me love them well. Amen.

Three things I am thankful for today

1

2

3

A friend loves at all times, and a brother is born for adversity.

PROVERBS 17:17



PRAY

Jesus, you call us your friends. Thank you for the friends who have shown me your faithfulness. Make me that kind of friend to someone else. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

The earth is the LORD's and the fullness thereof, the world and those who dwell therein.

PSALM 24:1



PRAY

Creator God, thank you for the beauty of this land and the gift of the harvest. Teach me to care for your creation with grateful hands. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

I thank my God in all my remembrance of you.

PHILIPPIANS 1:3



Pray

Lord of the Church, thank you for the community that gathers in your name. Knit us together in love and use us for your good purposes. Amen.

Three things I am thankful for today

1

2

3

Whatever you do, work heartily, as for the Lord and not for men.

COLOSSIANS 3:23



Pray

Gracious God, thank you for the gift of this day. Whatever I do today, help me do it with all my heart, as for you. Amen.

Three things I am thankful for today

1

2

3

I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

PSALM 139:14



PRAY

Creator God, thank you for forming me with care and love. Before I ever knew you, you knew me. Help me give thanks for the life you have given me, just as I am. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

Greater love has no one than this, that someone lay down his life for his friends. You are my friends if you do what I command you.

JOHN 15:13–14



PRAY

Lord Jesus, thank you for laying down your life for me and calling me your friend. Help me live each day in grateful love for your sacrifice. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 THESSALONIANS 5:18



PRAY

Lord, I do not thank you for every hardship, but I thank you that you are with me in all of them. Hold me close in the hard places. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.

LAMENTATIONS 3:22–23



PRAY

Great is your faithfulness, O God. Thank you for mercies that meet me every morning. Help me trust you with tomorrow. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

Come to me, all who labor and are heavy laden, and I will give you rest.

MATTHEW 11:28



PRAY

Jesus, thank you for the rest you offer. Quiet my busy mind today, and let me rest in your care. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

Your word is a lamp to my feet and a light to my path.

PSALM 119:105



PRAY

Living God, thank you for speaking to us through Scripture. Let your word light my steps this week. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

I will give thanks to the LORD with my whole heart; I will recount all of your wonderful deeds.

PSALM 9:1



PRAY

Lord, I give thanks to you with my whole heart. Help me remember and tell of all the wonderful things you have done in my life. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

MATTHEW 6:26



PRAY

Heavenly Father, thank you for caring about the smallest things, and for caring about me. Free me from worry and fill me with trust. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

Iron sharpens iron, and one man sharpens another.

PROVERBS 27:17



Pray

God of wisdom, thank you for your teaching and guidance. Sharpen me to be your faithful child. Amen.

Three things I am thankful for today

1

2

3

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God.

EPHESIANS 2:8



PRAY

Gracious God, thank you for the gift of your grace that goes before me, meets me, and carries me on. Help me offer that same grace to others. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

I love the LORD, because he has heard my voice and my pleas for mercy. Because he inclined his ear to me, therefore I will call on him as long as I live.

PSALM 116:1–2



PRAY

Lord, thank you for hearing every prayer, spoken and unspoken. Give me faith to believe that you are listening to my prayer. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

It is more blessed to give than to receive.

ACTS 20:35



PRAY

Generous God, everything I have comes from you. Open my hands to share freely, so that others may know your goodness through me. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

Thanks be to God for his inexpressible gift!

2 CORINTHIANS 9:15



PRAY

Christ our King, thank you for coming to us, living among us, and giving yourself for us. Reign in my heart and in our world. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

ROMANS 15:13



PRAY

God of hope, thank you that the future is in your hands. Fill me with joy and peace, and let hope overflow in me. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!

PSALM 100:4



PRAY

Lord, I come to you with thanksgiving and praise. Let my whole life become a song of gratitude to you. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3

Bless the LORD, O my soul, and forget not all his benefits.

PSALM 103:2



PRAY

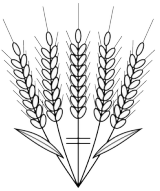
Bless the Lord, O my soul. Thank you, God, for every gift these 25 days have helped me see. Keep my heart grateful long after Thanksgiving Day is past. Amen.

THREE THINGS I AM THANKFUL FOR TODAY

1

2

3



Bless the LORD, O my soul,
and forget not all his benefits.

PSALM 103:2

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