



LEBANON
FIRST UNITED METHODIST
CHURCH

50 DAYS OF
Gratitude
JOURNAL

This Journal
Belongs to:



HOW TO USE THIS JOURNAL

This journal is for you. It is our hope that it will help you notice and feel the presence of God with you each day in the midst of all things.

Each day's entry will guide you to:

- **Check in** on your state of mind and heart—how you are thinking and feeling.
- **Read and reflect** on the scripture of the day following the T.H.R.I.V.E. study method (below).
- **Name five things for which you are grateful.** These can be large or small, people or places or things, or just anything that springs to mind. Some days, this list will come easily, and on others, it will be more difficult. Both are okay!
- **Name one thing that is bothering** and/or distracting you.
- **Name two things you can open yourself up to** that will make your day and/or attitude better. This is not a to-do list, but rather an exercise of recognizing that you alone do not have to (and often can't) make a day great on your own; great things also come in creation, community, and overlooked moments all around; we only need to allow room in our lives to see them.

T.H.R.I.V.E. INTERACTIVE BIBLE STUDY METHOD

When you have your daily time with God, use T.H.R.I.V.E. to help you study and reflect:

Text—Read the Bible verse selection multiple times, at least one of those out loud.

Highlight—Circle, underline, draw a shape, or otherwise highlight any word or phrase that stands out to you.

Reflect—Consider the verse in quiet solitude. Why does that word/phrase stand out? What images or thoughts does it bring up?

Insight—What is God saying in this verse? What truth did you learn? How does it speak into your life specifically?

Vocalize—Say a simple prayer asking God to help you bring this verse and your reflections to fruition in your words and actions.

Express—Choose and write down something you choose to do that day to act on your gratitude and reflections.

DAY 1

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

- I am grateful for:
1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

- I am opening myself to:
1. _____

2. _____

READ AND REFLECT

Give thanks to the Lord, call on God's name; make God's deeds known to all people! 1 Chronicles 16:8

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 2

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

Give thanks to God because God is good. God's faithful love lasts forever. 1 Chronicles 16:34

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 3

CHECK IN

Today I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

FOCUS

I am
grateful for:

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

I feel bothered/
distracted by:

I am opening
myself to:

1. _____
2. _____

READ AND REFLECT

*And now, our God, we thank you and praise your glorious name.
1 Chronicles 29:13*

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 4

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

I will thank you, Lord, with all my heart; I will talk about all your wonderful acts. Psalm 9:1

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 5

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

My heart trusts God. I was helped, my heart rejoiced, and I thank God with my song. Psalm 28:7

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 6

CHECK IN

Today I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

FOCUS

I am grateful for:

- _____
- _____
- _____
- _____
- _____

I feel bothered/
distracted by: _____

I am opening
myself to:

- _____
- _____

READ AND REFLECT

Give thanks to the Lord with the lyre! Sing praises to God with the ten-stringed harp! Psalm 28:7

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 7

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

Then I will thank you, God, in the great assembly; I will praise you in a huge crowd of people. Psalm 35:18

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 8

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

Offer God a sacrifice of thanksgiving! Fulfill the promises you made to the Most High! Psalm 50:14

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 9

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

*I will offer a sacrifice to you with a voice of thanks.
Jonah 2:9*

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 10

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

After giving thanks, Jesus broke the bread and fish into pieces, and the disciples gave them to the crowds. Matthew 15:36

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 11

CHECK IN

Today I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

FOCUS

I am grateful for:

- _____
- _____
- _____
- _____
- _____

I feel bothered/
distracted by: _____

I am opening
myself to:

- _____
- _____

READ AND REFLECT

After taking a cup and giving thanks, Jesus said, “Take this and share it among yourselves.” Luke 22:17

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 12

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

I thank God through Jesus Christ for you, because news about your faithfulness is spread throughout the world. Romans 1:8

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 13

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am
grateful for:

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

I feel bothered/
distracted by:

I am opening
myself to:

1. _____
2. _____

READ AND REFLECT

*Thanks be to God, who gives us this victory through our Lord
Jesus Christ! 1 Corinthians 15:57*

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 14

CHECK IN

Today I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

FOCUS

I am grateful for:

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

I feel bothered/
distracted by: _____

I am opening myself to:

1. _____
2. _____

READ AND REFLECT

Many people can thank God on our behalf for the gift that was given to us through the prayers of many people. 2 Corinthians 11:1

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 15

CHECK IN

Today I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

FOCUS

I am grateful for:

- _____
- _____
- _____
- _____
- _____

I feel bothered/
distracted by: _____

I am opening
myself to:

- _____
- _____

READ AND REFLECT

Thank God, who releases the fragrance of the knowledge of Jesus everywhere through us. 2 Corinthians 2:14

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 16

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

*You are rich in every way so you can be generous in every way.
Such generosity produces thanksgiving to God. 2 Corinthians 9:11*

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 17

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

Your ministry isn't only fully meeting people's needs; it is also multiplying in expressions of thanksgiving to God. 2 Corinthians 9:12

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 18

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am
grateful for:

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

I feel bothered/
distracted by:

I am opening
myself to:

1. _____
2. _____

READ AND REFLECT

Thank God for this gift that words can't describe!
2 Corinthians 9:15

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____
- _____
5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____
- _____

DAY 19

CHECK IN

Today I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

FOCUS

I am grateful for:

- _____
- _____
- _____
- _____
- _____

I feel bothered/
distracted by: _____

I am opening
myself to:

- _____
- _____

READ AND REFLECT

I don't stop giving thanks to God for you when I remember you in my prayers. Ephesians 1:16

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 20

CHECK IN

Today I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

FOCUS

I am grateful for:

- _____
- _____
- _____
- _____
- _____

I feel bothered/
distracted by: _____

I am opening myself to:

- _____
- _____

READ AND REFLECT

Now, thanks to Christ Jesus, you who once were so far away have been brought near by the blood of Christ. Ephesians 2:13

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 21

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

Bring up all of your requests to God in your prayers and petitions, along with giving thanks. Philippians 4:6

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 22

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

Be rooted and built up in Jesus, and overflow with thanksgiving just as you were taught. Colossians 2:7

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 23

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

- I am grateful for:
1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by: _____

- I am opening myself to:
1. _____

2. _____

READ AND REFLECT

The peace of Christ must control your hearts—a peace into which you were called as one body. And be thankful people.
Colossians 3:15

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 24

CHECK IN

Today I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

FOCUS

I am grateful for:

- _____
- _____
- _____
- _____
- _____

I feel bothered/
distracted by: _____

I am opening myself to:

- _____
- _____

READ AND REFLECT

Whatever you do, in speech or action, do it all in the name of Jesus, and give thanks to God through him. Colossians 3:17

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 25

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

We give thanks to you, God. Yes, we give thanks! Your name is near. Your marvelous deeds are declared. -Psalm 75:1

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 26

CHECK IN

Today I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

FOCUS

I am grateful for:

- _____
- _____
- _____
- _____
- _____

I feel bothered/
distracted by: _____

I am opening myself to:

- _____
- _____

READ AND REFLECT

*Keep on praying, and guard your prayers with thanksgiving.
Colossians 4:2*

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 27

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

- I am grateful for:
1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

- I am opening myself to:
1. _____

2. _____

READ AND REFLECT

How can we thank God enough for you, given all the joy we have because of you before our God? 1 Thessalonians 3:9

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 28

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

Everything that has been created by God is good, and nothing that is received with thanksgiving should be rejected. 1 Timothy 4:4

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 29

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

*Enter God's gates with thanks; enter God's courtyards with praise!
Thank God! Bless God's name! Psalm 100:4*

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 30

CHECK IN

Today I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

FOCUS

I am grateful for:

- _____
- _____
- _____
- _____
- _____

I feel bothered/
distracted by: _____

I am opening myself to:

- _____
- _____

READ AND REFLECT

As grace increases to benefit more and more people, it will cause gratitude to increase, which results in God's glory. 2 Corinthians 4:15

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 31

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

With gratitude, let's serve in a way that is pleasing to God with respect and awe. Hebrews 12:28

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 32

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

- I am grateful for:
1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

- I am opening myself to:
1. _____

2. _____

READ AND REFLECT

Bless the Lord, because God has come to help and has delivered God's people. Luke 1:68

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 33

CHECK IN

Today I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

FOCUS

I am grateful for:

- _____
- _____
- _____
- _____
- _____

I feel bothered/
distracted by: _____

I am opening myself to:

- _____
- _____

READ AND REFLECT

*Bless those who curse you. Pray for those who mistreat you.
Luke 6:28*

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 34

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

God promised Abraham, “All the nations of the earth will be blessed because you obeyed me.” Genesis 22:18

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 35

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

God has blessed you by giving you rain from above, and seasonal harvests, and satisfying you with food and happiness. Acts 14:17

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 36

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

By working hard, we must help the weak. In this way we remember Jesus's words: "It is more blessed to give than to receive." Acts 20:35

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 37

CHECK IN

Today I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

FOCUS

I am grateful for:

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

I feel bothered/
distracted by: _____

I am opening
myself to:

1. _____
2. _____

READ AND REFLECT

*This is the gift of God: that all people should eat, drink, and enjoy
the results of their hard work. Ecclesiastes 3:15*

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 38

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

- I am grateful for:
1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

- I am opening myself to:
1. _____

2. _____

READ AND REFLECT

You are saved by God's grace because of your faith. This salvation is God's gift. It's not something you possessed. Ephesians 2:8

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____
- _____
5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____
- _____

DAY 39

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

- I am grateful for:
1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

- I am opening myself to:
1. _____

2. _____

READ AND REFLECT

Every good gift comes from the Creator, in whose character there is no change at all. James 1:17

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____
- _____
5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____
- _____

DAY 40

CHECK IN

Today I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

FOCUS

I am grateful for:

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

I feel bothered/
distracted by: _____

I am opening
myself to:

1. _____
2. _____

READ AND REFLECT

Jesus said, "I have given you an example: Just as I have done, you also must do." John 13:15

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 41

CHECK IN

Today I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

FOCUS

I am grateful for:

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

I feel bothered/
distracted by: _____

I am opening myself to:

1. _____
2. _____

READ AND REFLECT

The love of God has been poured out in our hearts through the Holy Spirit, who has been given to us. Romans 5:5

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 42

CHECK IN

Today I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

FOCUS

I am grateful for:

- _____
- _____
- _____
- _____
- _____

I feel bothered/
distracted by: _____

I am opening myself to:

- _____
- _____

READ AND REFLECT

We haven't received the world's spirit but God's Spirit, so that we can know the things given to us by God. 1 Corinthians 12:12

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 43

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

- I am grateful for:
1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

- I am opening myself to:
1. _____

2. _____

READ AND REFLECT

We were all baptized by one Spirit into one body, and we all were given one Spirit to drink. 1 Corinthians 12:13

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____
- _____
5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____
- _____

DAY 44

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

I thank you because you answered me, because you were my saving help. Psalm 118:21

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 45

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

- I am grateful for:
1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

- I am opening myself to:
1. _____

2. _____

READ AND REFLECT

God has given his grace to each one of us measured out by the gift that is given by Christ. Ephesians 4:7

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____
- _____
5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____
- _____

DAY 46

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

May the God and Father of our Lord Jesus Christ be blessed! On account of his vast mercy, he has given us new birth. 1 Peter 1:3

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____
- _____
5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____
- _____

DAY 47

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am
grateful for:

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

I feel bothered/
distracted by:

I am opening
myself to:

1. _____
2. _____

READ AND REFLECT

The Lord has given us everything we need for life and godliness through the knowledge of Christ. 2 Peter 1:3

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____
- _____
5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____
- _____

DAY 48

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

See what kind of love God has given to us in that we should be called God's children, and that is what we are! 1 John 3:1

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 49

CHECK IN

Today I am feeling:

- | | | | |
|---------------------------------|-----------------------------|-----------------------------------|-----------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Motivated | <input type="radio"/> _____ |
| <input type="radio"/> Energized | <input type="radio"/> Tired | <input type="radio"/> Stuck | <input type="radio"/> _____ |
| <input type="radio"/> Anxious | <input type="radio"/> Calm | <input type="radio"/> Overwhelmed | <input type="radio"/> _____ |

FOCUS

- I am grateful for:
1. _____
 2. _____
 3. _____
 4. _____
 5. _____

I feel bothered/
distracted by: _____

- I am opening myself to:
1. _____
 2. _____

READ AND REFLECT

We know we remain in him and he remains in us, because he has given us a measure of his Spirit. 1 John 4:13

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

DAY 50

CHECK IN

Today I am feeling:

- ☐ Happy
- ☐ Sad
- ☐ Motivated
- ☐ _____
- ☐ Energized
- ☐ Tired
- ☐ Stuck
- ☐ _____
- ☐ Anxious
- ☐ Calm
- ☐ Overwhelmed
- ☐ _____

FOCUS

I am grateful for:

1. _____

2. _____

3. _____

4. _____

5. _____

I feel bothered/
distracted by:

I am opening
myself to:

1. _____

2. _____

READ AND REFLECT

Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God forever. Amen. Revelation 7:12

1. Read the **T**ext multiple times, at least once out loud
2. **H**ighlight a word or phrase that captures your attention.
3. **R**eflect on the verse. What feelings/thoughts are coming up and why?
4. What **I**nsight does this verse offer for my life specifically today? _____

5. **V**ocalize a prayer to God.
6. Today, I will **E**xpress my gratitude in action by: _____

Do Good
Do No Harm
Love God



LEBANON
FIRST UNITED METHODIST
CHURCH