

Here is a **journal-style printable version** of your 7-day gratitude devotional, with space to write your reflections each day.

7-Day Gratitude Journal (Write-As-You-Go)

Day 1 — New Mercies

Scripture: Lamentations 3:22–23

Today's Gratitude (3 things):

1. _____

2. _____

3. _____

Reflection:

Where do I need new mercy today?

What truth will I hold onto today?

Day 2 — Gratitude in All Circumstances

Scripture: 1 Thessalonians 5:16–18

One Good Thing Today:

One Hard Thing Today:

Gratitude in the Middle of It:

Day 3 — Growth Through Struggles

Scripture: Romans 5:3–5

What's Weighing on Me:

How God Might Be Working Through This:

Prayer of Trust:

Day 4 — Remember His Goodness

Scripture: Psalm 103:2–4

Past Blessings (List 3–5):

1.

2.

3.

4.

5.

What This Reminds Me About God:

Day 5 — Gratitude Brings Peace

Scripture: Philippians 4:6–7

My Worries:

What I'm Thankful for Right Now (3 things):

1.

2.

3.

Peace I'm Asking God For:

Day 6 — God Is Still Good

Scripture: Psalm 136:1

God, You Are Good Because...

Where I See His Love Today:

Day 7 — Rejoicing Despite Everything

Scripture: Habakkuk 3:17–18

Even If Statement:

“Even if _____,
I will rejoice in You, Lord.”

My Prayer of Surrender & Gratitude:

YOUR NOTES

You may like to add more Notes here, in the following Weeks.
And/Or print these PDF Pages 2 or 3 Months from now and see how
your Content compares. God Bless!