

7-Day Gratitude Journey With Questions

Here's your expanded 7-day gratitude devotional, with short reflections and thoughtful questions to guide you deeper each day.

Day 1 — New Mercies

Scripture: Lamentations 3:22–23

Devotional:

Some days feel heavy before they even begin. Yet this truth stands firm: God's mercy is not running out—it is **renewed daily**. Yesterday's strength may be gone, but today's grace is already here. You don't have to carry everything at once; God meets you fresh each morning.

Reflection Questions:

- Where do I need “new mercy” today?
 - What am I grateful for right now, even if it feels small?
 - Do I believe God's compassion is still available to me today?
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Day 2 — Gratitude in All Circumstances

Scripture: 1 Thessalonians 5:16–18

Devotional:

Gratitude in hard times isn't about pretending everything is okay. It's about choosing to see that God is still present. Even in difficulty, there are glimpses of His goodness—moments of provision, strength, or quiet peace. Gratitude shifts your focus from what's wrong to what God is still doing.

Reflection Questions:

- What is one hard thing I'm facing right now?
 - Can I find something within it—or alongside it—to thank God for?
 - How does gratitude change my perspective today?
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Day 3 — Growth Through Struggles

Scripture: Romans 5:3–5

Devotional:

Pain often feels pointless—but God never wastes it. Even when you can't see it, He is shaping your character, building endurance, and planting hope deep within you. Gratitude in suffering is an act of trust: believing that God is working behind the scenes for something meaningful.

Reflection Questions:

- What might God be growing in me through this season?
 - How has a past struggle strengthened me?
 - Can I thank God—not for the pain—but for His purpose in it?
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Day 4 — Remember His Goodness

Scripture: Psalm 103:2–4

Devotional:

When life feels overwhelming, it's easy to forget what God has already done. But remembering past faithfulness fuels present gratitude. Every answered prayer, every moment of help, every quiet rescue—it all matters. God's goodness didn't stop; your heart just needs reminding.

Reflection Questions:

- What are 3–5 ways God has been faithful to me in the past?
 - How does remembering those moments encourage me now?
 - What blessings have I been overlooking?
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Day 5 — Gratitude Brings Peace

Scripture: Philippians 4:6–7

Devotional:

Anxiety often grows when we carry everything alone. But God invites you to bring your worries to Him—with thanksgiving. Gratitude doesn't erase your problems, but it **anchors your heart in peace**. When you thank God in the middle of uncertainty, you remind your soul that He is still in control.

Reflection Questions:

- What worries am I holding onto right now?
 - Have I brought them honestly to God?
 - What can I thank Him for, even before things change?
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Day 6 — God Is Still Good

Scripture: Psalm 136:1

Devotional:

Circumstances change—but God's goodness does not. His love is steady, enduring, and unshaken by your situation. When life feels uncertain, this truth becomes your anchor: God is still good, and His love is still holding you.

Reflection Questions:

- Where have I doubted God's goodness recently?
 - What evidence of His love can I see, even now?
 - How can I remind myself daily that His love endures?
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Day 7 — Rejoicing Despite Everything

Scripture: Habakkuk 3:17–18

Devotional:

This kind of gratitude is the deepest kind—the kind that stands firm even when nothing improves. It says, “Even if everything falls apart, I will still trust God.” This is not denial; it is powerful faith. It's choosing to root your joy in who God is, not in what is happening around you.

Reflection Questions:

- What is my “even if” situation right now?
 - What would it look like to rejoice in God despite it?
 - Can I trust that God is still worthy of praise, no matter what?
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Closing Encouragement

You don't have to feel strong to practice Gratitude.

You just have to be **willing to notice God in the middle of it all.**

YOUR NOTES