

# Gratitude Journal



Psalm 103:1-5 (ESV)

Bless the LORD, O my soul,  
and all that is within me,  
bless his holy name!

<sup>2</sup> Bless the LORD, O my soul,  
and forget not all his benefits,  
<sup>3</sup> who forgives all your iniquity,  
who heals all your diseases,

<sup>4</sup> who redeems your life from the pit,  
who crowns you with steadfast love and mercy,

<sup>5</sup> who satisfies you with good  
so that your youth is renewed like the eagle's.

# Blessed, Grateful & Thankful!

Each day write one way/person/thing that has blessed you. Write a short prayer about how grateful and thankful you are for the blessing!

[illegible]

[illegible]

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**GRATITUDE**

The natural expression  
of thanks in response to  
blessings, protection, or love.