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JOURNAL



TWO-SIDED GRATITUDE

INTRODUCTION

An old saying says, “There are two sides to every story.” Never is this saying more important than when there is a disagreement. Both parties’ perspectives have merit. Both viewpoints have been shaped by what has made them who they are – nature, nurture, experience. Both sides need to be considered.

The two-sided school of thought can be applied to the act and work of gratitude and, specifically, thanks to God. In God’s omnipotence, both sides richly receive when we give thanks to the Almighty, who glorifies him. Giving thanks is in our DNA; when we allow gratitude to flow, we also find health and wholeness. But first, we must be taught gratitude.

As young children, when someone gave us something, we heard echoes of our parents’ mantra, “Now, say thank you.” If you are a parent, you have often said it to your children. A true spirit of gratitude must be intentional to ignite a solid attitude of thanks. The rhythms of gratitude must be implemented to become an embedded pattern.

This is where “Two-Sided Gratitude” comes into play. This resource is a journal that helps guide you into an intentional rhythm of gratitude. Each day will offer a short portion of scripture followed by prompts for you to express your reflections and build your gratitude mindset.

In his book, “**Atomic Habits**,” author James Clear shares that it takes about three weeks for a behavior to begin to form. Therefore, this journal provides forty days of journaling to help you develop a deeper spirit of gratitude. According to research, jotting down what you’re thankful for can:

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INTRODUCTION CONT.

- Improve the quality of your sleep.
- Reduce stress.
- Increase positivity.
- Strengthen self-worth.
- Help you celebrate the present.

“God smiles when we praise and thank Him continually. Few things feel better than receiving heartfelt praise and appreciation from someone else. God loves it, too... An amazing thing happens when we offer praise and thanksgiving to God. When we give God enjoyment, our own hearts are filled with joy.” - Rick Warren

God bless you as you further develop your spirit of gratitude.

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DAY 1



"Now, our God, we give you thanks, and praise your glorious name."
1 Chronicles 29:13 (NIV)

- Today's scripture says "now" is the time to give thanks. At this very moment, what comes to your mind for which you want to say "thank you" to God?

- How do you feel as you acknowledge this reminder of God's goodness?

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DAY 2

"Let us come before him with thanksgiving and extol him with music and song." Psalm 95:2 (NV)

- Today's scripture speaks of singing thanks to God. What song comes to mind that speaks of your thankfulness to him?

- As you wrote the words to your song of thanks, what feelings did it evoke?

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DAY 3

"Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind." Psalm 107:21 (NIV)

- Today's scripture gives thanks for God's unfailing love. Journal a time recently you have felt that enduring love.

- What emotion did the remembrance conjure up in you today? Ask God to bring it to mind when you need it most today.



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DAY 4

"I will give you thanks, for you answered me; you have become my salvation." Psalm 118:21 (NIV)

- Describe a recent answer to prayer. Give him thanks.

- Journal how you have benefitted from that answered prayer. Be specific.

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DAY 5

"I get up in the middle of the night to thank you; your decisions are so right, so true—I can't wait till morning!" Psalm 119:62 (MSG)

- We all have sleepless nights when we toss and turn due to concerns. Be proactive! What will be the statement of thanks you will utter the next time you have an anxious mind during the night? Centering on this statement of gratitude can settle your heart and mind to return to the sleep God intends for you.

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DAY 6



“The Lord will comfort Israel again and have pity on her ruins. Her desert will blossom like Eden, her barren wilderness like the garden of the Lord. Joy and gladness will be found there. Songs of thanksgiving will fill the air.” **Isaiah 51:3**

- Journal a difficult time when you felt a deep-seated sense of God’s joy through it all.

- Thank God for how he works in all circumstances.

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DAY 7

“Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.”

Daniel 6:10 (NIV)

- Today’s scripture speaks of a willingness to give thanks to God, even in the face of opposition (Daniel 10). Describe a time in your life when you needed to give a sacrifice of thanks and praise.

- How has your spirit been strengthened by the experience you described?

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DAY 12

"but thanks be to God, who gives us the victory [as conquerors] through our Lord Jesus Christ." 1 Corinthians 15:57 (AMP)

- Consider a recent victory. Thank God for how he worked through you to bring it about.

- What in your heart has been strengthened because of this memory?



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DAY 14

“As he entered a village, ten men, all lepers, met him. They kept their distance but raised their voices, calling out, ‘Jesus, Master, have mercy on us!’ Taking a good look at them, he said, ‘Go, show yourselves to the priests.’ They went, and while still on their way, became clean. One of them, when he realized that he was healed, turned around and came back, shouting his gratitude, glorifying God. He kneeled at Jesus’ feet, so grateful. He couldn’t thank him enough...”

Luke 17:11-16 (full account Luke 17:11-19, MSG)

- Think of a time when you were healed in either body, mind, or spirit. Even if you have given thanks for that healing, you identify with the leper who “couldn’t thank him enough.” Pour out your thanks to him.

- What benefit to your soul do you feel because of this remembrance?

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DAY 16



"I thank Christ Jesus our Lord, who has given me strength to do his work. He considered me trustworthy and appointed me to serve him..." 1 Timothy 1:12 (NLT)

- God has empowered you in some way to serve him. It might be beyond anything you ever imagined. Journal it.

- How have you benefitted from your service to God?

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DAY 30

"For God, who gives seed to the farmer to plant, and later on good crops to harvest and eat, will give you more and more seed to plant and will make it grow so that you can give away more and more fruit from your harvest." 2 Corinthians 9:10 (TLB)

- Today's scripture speaks of seeds and harvesting of crops. Certainly, the phrase "For God...will give you more and more seed to plant and will make it grow so that you can give it away..." can be taken in a myriad of ways.

Today, what is the harvest that God has given to you? What abundant blessings are yours today? Who can benefit from that overflow in your life? Journal what God reveals and with whom you can share this harvest.

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DAY 31

*“When my soul is in the dumps, I rehearse everything I know of you,
From Jordan depths to Hermon heights, including Mount Mizar.”*

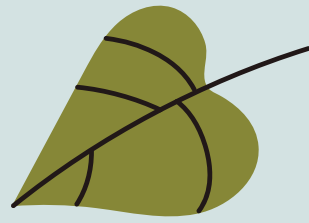
Psalm 42:6 (MSG)

- Today’s scripture speaks of a mindset of praise and gratitude no matter our mindset. The psalmist uses geographical locations to correlate emotional highs, lows, and everything in between.

Where are you today, emotionally speaking? We can express any emotion, and he will receive us graciously and lovingly. Journal your emotional state ending with thanksgiving, knowing “in all things God works...” (Romans 8:28)

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DAY 33



“Whenever the living creatures give glory, honor and thanks to him who sits on the throne and who lives for ever and ever, the twenty-four elders fall down before him who sits on the throne and worship him who lives for ever and ever. They lay their crowns before the throne and say: ‘You are worthy, our Lord and God, to receive glory and honor and power, for you created all things...’ Revelation 4:9-11

- In today’s scripture, the disciple John envisions the return of Jesus to set up a new heaven and earth. It is said the elders giving praise represent the church of believers, and the crowns represent what is valuable to the elders.

What do you value here on earth? Relationships? Reputation? Is there a valued possession that you would lay before the throne of God to show your thanks and praise to him? Envision laying your valued “crown” before him. How does it feel to give it over to him as an act of praise and thanks?

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DAY 34

"Give thanks no matter what happens. God wants you to thank him because you believe in Christ." 1 Thessalonians 5:28 (NIRV)

- Today's scripture strongly commits to giving thanks "no matter what happens." Take some time to reflect on what that means to you. Since he remains the same, even when circumstances change, our thanks should never change and always be on our lips.

What is the "no matter what" in your life that you need to place thanks to God above?

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DAY 35

"I will give thanks to the Lord because he does what is right. I will sing the praise of the name of the Lord Most High." Psalm 7:17 (NIRV)

- Today's scripture states that thanks are given to the Lord because, whatever happens in the world around us, "he does what is right."

When were you in a difficult season in your life and yet gave thanks? What did you learn from that? Give thanks for the revelation you have received.

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DAY 36



"I thank Christ Jesus our Lord, who has given me strength to do his work. He considered me trustworthy and appointed me to serve him..." 1 Timothy 1:12 (NLT)

- Today may be a workday. You've encountered all the challenges of a morning of getting yourself ready, maybe family to get off to school, and hustled through a commute to get to work/school. Through it all, give thanks – for the clothes you wear, the food you have eaten, family, and employment/school. Thanks can change your perspective from a seemingly mundane day to a day of gratitude. Write your prayer of gratitude and be specific.

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DAY 37



"But if anyone loves God [with awe-filled reverence, obedience, and gratitude], he is known by him [as his very own and greatly loved]."

1 Corinthians 8:3 (AMP)

- Today's verse identifies the love of God as awe-filled, full of reverence and obedience. What about your love for God has caused you to be:

Awe-filled _____

Full of reverence _____

Obedient _____

Be filled with thanks, for you are considered his very own child, greatly loved!



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