



Prayer journal

A seven day journal focused on giving thanks with a grateful heart

welcome!

We are so glad you are here! Each of us have seasons of life where being grateful may be more challenging than others. Our society is constantly reminding us that we don't have enough and it's easy to fall into the comparison trap.

Let's spend these next seven days focusing on scripture that talks about giving thanks with a grateful heart, and praying through these verses. We hope this journal will bring you closer to God and that you are able to truly feel gratitude.

day 1

a prayer for gratitude



“Rejoice always, pray constantly, give thanks in everything; for this is God's will for you in Christ Jesus.”

1 thessalonians 5:16-18

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, today we come to you thankful for everything that you have given us. Help us to have a grateful heart for what we have been given. Help us to give to those around us. And God, we pray that you will allow us to show your love to others as you freely give it to us. We pray all these things in Jesus' name, Amen.

a prayer for gratitude

“He humbled you by letting you go hungry; then he gave you manna to eat, which you and your ancestors had not known, so that you might learn that man does not live on bread alone but on every word that comes from the mouth of the Lord.”

deuteronomy 8:3

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, today we come to you in prayer thanking you for always giving us what we need. We thank you that you know just what we need and are able to provide that for us. We pray today that you would remind us of this truth. Help us to not worry, as you are there and willing to provide for us. We pray all these things in Jesus' name, Amen.

a prayer for gratitude

“But one of them, seeing that he was healed, returned and with a loud voice, gave glory to God.
He fell facedown at his feet, thanking him”

luke 17:15-16

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, we pray today we can remember what you do for us like the man who was healed by Jesus. We pray that you would open our eyes to the ways you are working in our lives and that we can better praise you for what you do for us. We pray that we can be people that praise you more than asking you for more. We pray all these things in Jesus' name, Amen.

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ... But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

matthew 6:25, 33-34

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, help us to remember these words today. God be with us to remind us that you are always there for us and that we do not need to worry about anything. We thank you God that you give us all that we need, and we pray that we can remember that as we go today.

Help us seek you above everything. We pray all these things in Jesus' name, Amen.

a prayer for gratitude

“Gratitude is an attitude that comes out of the habit of giving thanks.”

psalm 9:1

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, we come to you in prayer today thanking you for everything that we have and everything that we are. God, we pray today that we praise you each day as much as we ask for things from you. God, in the times when we find ourselves struggling and deep in the pit of life, help us to come to you, and remind us that praising you for the life you've given us will help. We pray all these things in Jesus' name, Amen.

day 6

a prayer for gratitude



“Above all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another without grumbling. Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”

1 peter 4:8-10

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, we pray today that you will be with us to show our love to those around us. We pray that we can use our gifts you have given us to serve those who are in our lives. We thank you God for the people you have surrounded us with. We pray today that you would allow us to look passed the faults of others and be able to love them for the people you have made them. We pray all these things in Jesus' name, Amen.

a prayer for gratitude

“But God demonstrates his own love for us in this: While we were still sinners
Christ died for us.”

romans 5:8

What stood out to me about this verse?

How can I apply this to my life?

What do I need to ask God? Who can I pray for?

God, we thank you for your greatest gift to us: your Son. We thank you for sending him to die for us on the cross. We thank you for loving us enough that you sent your Son for us. We pray today that we would be able to show others around us the same love you have for us. We pray all these things in Jesus' name, Amen.



Instagram/Facebook @womensfirstmoments
womensfirstmoments.com