

grat·i·tude/'gradə.t(y)ōd/

noun the quality of being thankful; readiness to show appreciation for and to return kindness.

THIS *Gratitude Journal*

is meant to be a simple tool to help you wake up to all the good in your life.

Choose a time of day

- night, morning, lunch, whenever -

and list or journal about 3 things that you are grateful for this day.

They can be simple, big, a story, a picture, a word...

QUESTIONS TO HELP YOU DIG DEEPER:

- What will make (or made) today great?
- What made you really glad?
- What do you want to remember from today?

USE THIS JOURNAL WITH THE OCTOBER DEVOTIONAL

Week 1

Generosity is part of discipleship and our Wesleyan heritage

Week 2

Trusting that God is bigger than the chaos

Week 3

Trusting that you are not alone, even when you feel lonely

Week 4

*God is at work in our church.
We stand on the shoulders of saints*



I LIFT UP MY EYES TO
THE MOUNTAINS—
WHERE DOES MY HELP
COME FROM?
MY HELP COMES FROM
THE LORD,
THE MAKER OF
HEAVEN AND EARTH.
GOD WILL NOT LET
YOUR FOOT SLIP —
THE ONE WHO
WATCHES OVER YOU
WILL NOT SLUMBER.

PSALM 121:1-3

650 PRAYER

Almighty God,

There are so many unknowns right now.

The one thing I know I can count on is your presence. When it seems the whole world is going sideways, I can trust that you are with me. "Lord, I believe; help my unbelief!" Help me trust you with my whole self. Assure me that even in the midst of this holy disturbance, you are leading me to incredible things I haven't even imagined yet.

Amen.