

# 5-Minute Gratitude Journal

From the Stewardship Ministry of United in Faith Lutheran Church



## Psalm 107

<sup>1</sup> O give thanks to the LORD, for he is good,  
for his steadfast love endures forever.

<sup>2</sup> Let the redeemed of the LORD say so,  
those he redeemed from trouble

<sup>3</sup> and gathered in from the lands,  
from the east and from the west,  
from the north and from the south.

Studies have shown that expressing gratitude can improve sleep, mood, and immunity. It can also help build and maintain relationships with others. We hope you all will take advantage of this opportunity to focus on your blessings.

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## Prompts

**Instructions:** Each day, we encourage you to respond to one prompt. You can do this by writing a prompt and your response in a notebook, or by saving this document to your computer and typing your responses.

1. Write about the people you don't know who help make your life easier.
2. Where is God at work in my life?
3. I'm grateful for my church because ...
4. Who do I appreciate at my church? I will express my gratitude this week.
5. My spiritual needs are ...
6. What is one good thing I often take for granted?
7. Who do I need to thank?
8. What do I appreciate about myself?
9. What made me smile today?
10. What do I love about where I live?
11. What brings me joy ...
12. What is a simple delight that I have been enjoying lately?
13. In what ways have I grown as a person over the past year?
14. What activities do I enjoy?
15. What is the best thing that happened this week?
16. What is a talent or skill I'm grateful to possess?

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17. What have I learned from gratitude journaling?
18. What privilege do I enjoy that others might not?
19. What excites you about the future?
20. What are you always excited to do?
21. What is your strongest life value?
22. What is your favorite part about nature?
23. Write about a song that always comforts you.
24. Which recent life experience taught you a lesson?
25. What are your favorite things to eat?
26. Where do you feel most happy and relaxed?
27. Write about one positive thing that happened today.
28. What is the most fascinating thing about life?