

My Gratitude Journal

“Gratitude and Generosity”
November 2020



Grand Blanc United Methodist Church

Weekly Topics

Week 1: Gratitude for God

Week 2: Gratitude for Things

Week 3: Gratitude for People

Week 4: Giving as A Response to our Gratitude

This Journal Belongs to:

Your Name

As you use this Gratitude Journal, take time to read the Scripture passage, and then reflect on the day's "Focus." It may be helpful to place your journal in a place where you'll pick it up every day. You'll quickly see that the scripture for each Sunday matches that day's message from worship. The Saturday question will help you reflect on the whole week. Monday-Friday is the scripture that will also be used in Pastor Brian's Daily Video Devotionals, which can be found on YouTube (easy access through the church's website).

Sunday, November 1st

Scripture: *Revelation 5:11-14*

Focus: *When we worship, we give thanks and praise to God. What are three reasons that you are thanking God today?*

Monday, November 2nd

Scripture: *Ephesians 2:10*

Focus: *What are three talents and skills that God has given you that you can give thanks for today?*

Tuesday, November 3rd

Scripture: *Matthew 10:29-31*

Focus: *God sees you as valuable, worthy, and beautiful. How does this make you feel?*

Wednesday, November 4th

Scripture: *Genesis 28:13*

Focus: *Who are three people, younger than yourself (child or adult) that you feel moved to thank God for, today?*

Thursday, November 5th

Scripture: *Psalms 92:1-4*

Focus: *What are three ways that you can observe God's handiwork in the world around you, today?*

Friday, November 6th

Scripture: *Luke 1:46-55*

Focus: *What are three things going on in your life right now that remind you that God is still at work in your life?*

Saturday, November 7th

End of the Week Reflection: How has a week worth of noting your thanksgiving for God's presence and action in your life helped you to grow closer to God and more passionate about God's work in the world.

Sunday, November 8th

Scripture: Exodus 16:11-30

Focus: *Our gratitude is linked to our trust in God. What are some ways our practices of gratitude help us trust God?*

Monday, November 9th

Scripture: *Matthew 6:19-21*

Focus: *Think of 3 "things" in your life you want to upgrade. Does your gratitude for them make you more content?*

Tuesday, November 10th

Scripture: *John 6:8-12*

Focus: *Name 3 "things" in your life that you identify as insignificant. Now, use gratitude to see them differently.*

Wednesday, November 11th

Scripture: *Luke 19:1-8*

Focus: *Zacchaeus through a lot about money. How do you think about money? Can it be a tool for doing good? How?*

Thursday, November 12th

Scripture: *Luke 22:7-13*

Focus: *How can we use "things" in our lives, like our homes, to do the work of God? What role does gratitude play?*

Friday, November 13th

Scripture: *Exodus 4:1-5*

Focus: *What's in your hand right now (or most recently)? Like Moses' staff, how can it be an instrument of God's work?*

Saturday, November 14th

End of the Week Reflection: *How has this week's focus on gratitude for the "things" in your life helped you to feel more contentment? How has it helped you discover a sense of purpose around how you use the "things" in your life?*

Sunday, November 15th

Scripture: *Philippians 1:1-11*

Focus: *Like Paul, when we give thanks for people in general, how might that help us better appreciate our neighbors?*

Monday, November 16th

Scripture: *Romans 1:8*

Focus: *Paul likely didn't agree with everyone in Rome. Would giving thanks for those we disagree with bring change?*

Tuesday, November 17th

Scripture: *Luke 1:39-42*

Focus: *Like Elizabeth was for Mary, who in your life is most re-affirming of what God is doing in you?*

Wednesday, November 18th

Scripture: *2 Timothy 1:3-5*

Focus: *Reflect on your life of faith, however long or short, who has had a great impact? Reach out and thank them.*

Thursday, November 19th

Scripture: *1 Samuel 1:24-28*

Focus: *Like Hannah's gratitude for Samuel, how can our gratitude for children help them see potential for ministry?*

Friday, November 20th

Scripture: *Leviticus 19:18*

Focus: *How can seeing our neighbors as created in the image of God help us give thanks for them, even when at odds?*

Saturday, November 21st

End of the Week Reflection: *How has this week's focus on gratitude for the people in your life impacted you?*

Sunday, November 22nd

Scripture: *2 Corinthians 9:6-12*

Focus: *Think about the last time you made a giving commitment or gave an offering? Did you feel obligated or excited?*

Monday, November 23rd

Scripture: *Proverbs 21:26*

Focus: *Thinking about all you've reflected on and gave thanks for so far this month, how would you define abundance?*

Tuesday, November 24th

Scripture: *Deuteronomy 26:1-11*

Focus: *Think about the last time you got paid? How did you earn it? See if you can trace it all the way back to God.*

Wednesday, November 25th

Scripture: *Luke 19:1-8*

Focus: *Zacchaeus generosity came, not from guilt, but from gratitude for how God saw him? Why do you think that is?*

Thursday, November 26th

Scripture: *Matthew 6:1-4*

Focus: *What is your practice of giving? Envelope? Online? A plan for how to give makes a difference. What's your plan?*

Friday, November 27th

Focus: *What scripture passages spoke to you most during this last month? Why?*

Saturday, November 28th

End of the Month Reflection: *How do youth think this month's focus on gratitude and generosity as people of God has helped you to have a better understanding and passion for the spiritual discipline of giving/generosity?*
