My little gratitude journal

Children & families · Write or draw what is on your heart

Name: _____ Date: _____

Today I feel...

Three things I am thankful for:

Draw something that made you smile:

Dear God, thank You for...

A moment with God

Teens & adults · Prayer, reflection and gratitude

Date: _____ Scripture: _____

What is on my heart today?

What am I thankful for?

My prayer / one small next step

Our family, growing together

All ages · Each voice matters

Date: _____ Together with: _____

A joyful moment we shared

Something we can help each other with

What we are thankful for

Our family prayer