A FREE PRINTABLE JOURNAL

# *7 Days of*
# Quiet Gratitude

*A gentle week of giving thanks — even when life feels heavy, quiet, or uncertain.*

Each day: a verse, a short reflection, three prompts and a prayer.

*"Give thanks in all circumstances." — 1 Thessalonians 5:18*

DAY 1 OF 7

# Gratitude in the Quiet

*"Be still, and know that I am God."*

PSALM 46:10

Gratitude doesn't have to be loud. Some of the most honest thanks we offer happen in a quiet kitchen or a car parked in the driveway. Today, slow down long enough to notice that God is near — even in the stillness.

**Where did you find a moment of stillness this week?**

**What is one quiet gift you almost overlooked?**

**What would it look like to rest in God today?**

A PRAYER

*Lord, thank You for meeting me in the quiet. Help me slow down and notice You here. Amen.*

DAY 2 OF 7

# Gratitude While Waiting

*"The Lord is good to those whose hope is in him, to the one who seeks him."*

LAMENTATIONS 3:25

Waiting can make thankfulness feel out of reach. Yet even in the in-between, God is good. Giving thanks while you wait isn't pretending — it's choosing to trust that He is still at work.

**What are you waiting on right now?**

**What has God already provided in this season?**

**How can you thank Him before you see the answer?**

A PRAYER

*Father, while I wait, help me remember Your goodness. Thank You for what You are doing that I cannot see yet. Amen.*

DAY 3 OF 7

# Gratitude for Small Blessings

*"Every good and perfect gift is from above."*

JAMES 1:17

A warm cup of coffee. A text from a friend. Sunlight on the floor. Small blessings are easy to miss, but each one is a gift from a Father who sees you. Today, look for the little things.

**List five small blessings from today.**

**Which one made you smile?**

**Who could you share a small blessing with?**

A PRAYER

*God, thank You for the small, good gifts You scatter through my days. Open my eyes to see them. Amen.*

DAY 4 OF 7

# Gratitude Through Trials

*"Therefore we do not lose heart."*

2 CORINTHIANS 4:16

Being thankful in hard seasons doesn't mean being thankful for the pain. It means holding on to who God is in the middle of it. You can grieve and give thanks in the same breath.

**What feels heavy for you right now?**

**Where have you seen God's comfort in it?**

**What truth about God can you hold onto today?**

A PRAYER

*Lord, this is hard. Thank You that You stay with me in it. Hold me close today. Amen.*

DAY 5 OF 7

# Gratitude for His Faithfulness

*"His compassions never fail. They are new every morning; great is your faithfulness."*

LAMENTATIONS 3:22–23

Look back over your life and you'll find places where God carried you. Remembering His faithfulness yesterday helps us trust Him with today.

**Name a time God brought you through something.**

**How did He show up in a way you didn't expect?**

**What does His faithfulness mean for today?**

A PRAYER

*Faithful God, thank You for every time You carried me. I trust You with today. Amen.*

DAY 6 OF 7

# Gratitude for the People in Your Life

*"I thank my God every time I remember you."*

PHILIPPIANS 1:3

God often loves us through people — a friend who listens, a family member who prays, a stranger who is kind. Today, thank God for them, and maybe tell one of them too.

**Who has been a blessing to you this year?**

**What is something they did that you're thankful for?**

**How could you let them know this week?**

A PRAYER

*Lord, thank You for the people You've placed in my life. Help me love them well. Amen.*

DAY 7 OF 7

# Gratitude and Peace for Tomorrow

*"With thanksgiving, present your requests to God. And the peace of God… will guard your hearts."*

PHILIPPIANS 4:6–7

Thanksgiving and peace are close friends. When we bring our worries to God with a thankful heart, He offers a peace that steadies us. Carry this week's gratitude into tomorrow.

**What worry can you hand to God today?**

**What are you most thankful for from this week?**

**What do you want to remember going forward?**

A PRAYER

*Father, I give You my tomorrow. Thank You for this week, and for the peace only You can give. Amen.*

# You made it through seven days.

Thank you for spending this week giving thanks with us. If these quiet moments with the Lord have been a gift, you're welcome to keep going.

365 of Hope+ is a quiet place to come back to — guided Hope Journeys, printable workbooks, and a private prayer space for honest moments with God.

**Learn more at 365ofhope.com/plus**

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