

FORGET NOT



A GRATITUDE JOURNAL

In a culture that demands you to live life at a frenzied pace, it's easy to find yourself robbed of the abundant life that Jesus offers. You're anxious, worried, and overwhelmed and not sure what to do about it.

So, how do you live a life filled with a contagious joy? How do you find the "peace that passes understanding"? How do you live in the culture, but not be of the culture?

One word, one big idea: Gratitude.

In this journal, you'll find a page for each day over the next four weeks — for you to pause, reflect, and develop the discipline of gratitude.

28 Days of
GRATITUDE

Day 1

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:

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VERSE OF THE DAY:

Psalm 42

GIVE SOMEONE A HIGH-FIVE:



WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 2

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

*But thanks be to God! He gives us the victory through our Lord Jesus Christ.
— 1 Corinthians 15:57*

DRINK JUST WATER TODAY: 

WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 3

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:

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VERSE OF THE DAY:

Psalm 103

WRITE A HANDWRITTEN NOTE: 

WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 4

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

*Set your mind on things above,
not on things on the earth. For
you died, and your life is
hidden with Christ in God.
— Colossians 3:2-3*

TURN OFF YOUR PHONE FOR 1 HOUR:



WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 5

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:

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VERSE OF THE DAY:

Philippians 4:8-9

MAKE A NEW FRIEND:



WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 6


DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

*Oh, give thanks to the LORD!
Call upon His name; Make
known His deeds among the
peoples!
— 1 Chronicles 16:8*

READ FOR 30 MINUTES: 

WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 7

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

*It is good to give thanks to the
LORD, And to sing praises to
Your name, O Most High.
— Psalm 92:1*

GO FOR A WALK: 

WHAT WENT WELL TODAY:

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28 Days of GRATITUDE

Day 8

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

*Count it all joy, my brothers,
when you meet trials of various
kinds, for you know that the
testing of your faith produces
steadfastness. And let
steadfastness have its full
effect, that you may be
perfect and complete, lacking
in nothing. — James 1:2-4*

BUY COFFEE FOR A STRANGER:



WHAT WENT WELL TODAY:

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GRACECHAPEL.NET/GRATITUDE

28 Days of
GRATITUDE

Day 9


DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

*See that no one repays anyone evil for evil, but always seek to do good to one another and to everyone. Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
— 1 Thessalonians 5:15–18*

CATCH UP WITH A FRIEND: 

WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 10

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:

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VERSE OF THE DAY:

Matthew 6:31-33

SCHEDULE SOMETHING FUN:



WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 11

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

*We give thanks to You, O God,
we give thanks! For Your
wondrous works declare that
Your name is near.
— Psalm 75:1*

ASK FOR HELP: 

WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 12

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

Surely the righteous shall give thanks to Your name; The upright shall dwell in Your presence. — Psalm 140:13

COMPLIMENT SOMEONE: 😊

WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 13

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

*Be anxious for nothing,
but in everything by prayer
and supplication, with
thanksgiving, let your requests
be made known to God.
— Philipians 4:6*

WATCH A SILLY VIDEO: 

WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 14

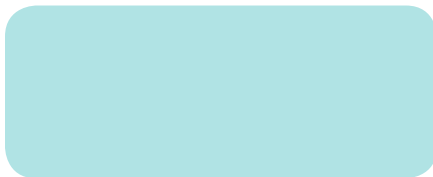
DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

*Continue earnestly in prayer,
being vigilant in it with
thanksgiving. — Colossians 4:2*

PLAN A NIGHT WITH FRIENDS: 

WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 15

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name. — Hebrews 13:15

SING AT THE TOP OF YOUR LUNGS:



WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 16

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

*I will give You thanks in the
great assembly; I will praise
You among many people.
— Psalm 35:18*

TRY SOMETHING NEW: 

WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 17

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

*I will praise the name of God
with a song, and will magnify
Him with thanksgiving.
— Psalm 69:30*

STAY OFF SOCIAL MEDIA TODAY: 

WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 18

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

*Oh, give thanks to the LORD,
for He is good! For His mercy
endures forever. — Psalm 118:1*

HOST A GAME NIGHT: 

WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 19

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

*For every creature of God is good, and nothing is to be refused if it is received with thanksgiving; for it is sanctified by the word of God and prayer.
— 1 Timothy 4:4-5*

EAT SOME VEGETABLES:  

WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 20

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. — Colossians 3:15

CROSS AN ITEM OFF YOUR TO-DO LIST:



WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 21

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:

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VERSE OF THE DAY:

*And whatever you do in word
or deed, do all in the name of
the Lord Jesus, giving thanks to
God the Father through Him.
— Colossians 3:17*

FACETIME WITH FAMILY:



WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 22


DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

*Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name.
— Psalm 100:4*

SET A NEW GOAL:



WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 23

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

Praise the LORD! Oh, give thanks to the LORD, for He is good! For His mercy endures forever. — Psalm 106:1

ORGANIZE A ROOM IN YOUR HOUSE: 

WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 24


DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

*Let us come before His presence
with thanksgiving; Let us shout
joyfully to Him with psalms.
For the LORD is the great God,
and the great King above all
gods. — Psalm 95:2-3*

BUY SOMEONE LUNCH:



WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 25

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

*Oh, that men would give thanks
to the LORD for His goodness,
And for His wonderful works
to the children of men! For He
satisfies the longing soul,
And fills the hungry soul with
goodness. — Psalm 107:8-9*

MAKE YOUR BED: 

WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 26

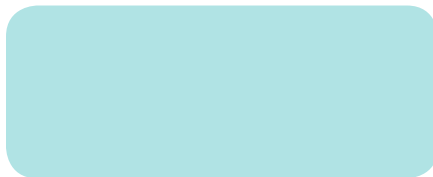
DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

*As you therefore have received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.
— Colossians 2:6-7*

MEET A NEW NEIGHBOR:



WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 27

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

I will praise the LORD according to His righteousness, And will sing praise to the name of the LORD Most High. — Psalm 7:17

LEAVE A NOTE FOR SOMEONE: 

WHAT WENT WELL TODAY:

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28 Days of
GRATITUDE

Day 28

DATE:

M T W Th F S S

TODAY I AM GRATEFUL FOR:

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ONE THING I'M BELIEVING GOD FOR:



VERSE OF THE DAY:

Speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the LORD, giving thanks always for all things to God the Father in the name of our Lord Jesus Christ. — Ephesians 5:19-20

CLIMB A TREE:



WHAT WENT WELL TODAY:

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GRATITUDE

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