

The Character Corner



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Ideas for Using Your Journal

- Copy the Scripture and use it to inspire your journaling.
- Journal your thoughts using the prompts on this page to get you started.
- List what you are thankful for that day.
- Write out a prayer of gratitude.

Day 1

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

- 1 Thessalonians 5:16-18

Why do you think giving thanks in all circumstances is the will of God for you? What does thankfulness do for us?

Day 2

I will give thanks to the LORD with my whole heart; I will recount all of your wonderful deeds.

- Psalm 1:9

What are some of the Lord wonderful deeds in your life or your family's? What are some of the wonderful deeds you've read about in the Bible?

Day 3

...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

What does Paul tell us to do when we are feeling anxious? Why do you think he says "with thanksgiving"? How can thanksgiving help us when we are feeling worried?

Day 4

Praise the LORD!

Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!

—Psalm 106:1

How have you seen God's goodness displayed in your life or the life of your family? What does "steadfast love" mean? How has God shown his steadfast love for us?

Day 5

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

-Colossians 3:16

What does Paul say to do with one another? Why do you think we should do this with thankfulness in our hearts? How does thankfulness in our heart attitude change the way we interact with one another?

Day 6

And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:17

What do you do on a regular basis? Do you do those things "in the name of the Lord Jesus"? Do you give thanks in those things?

Day 7

I do not cease to give thanks for you, remembering you in my prayers....

—Ephesians 1:16

Paul often prays for the churches he writes to, thanking God for specific things about the believers in that church. What do you see in a family member or friend that you want to thank God for?

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