



FIRST PRESBYTERIAN  
CHURCH

In every  
remembrance

*I give thanks...*

(Philippians 1:3)



## **GRATITUDE JOURNAL**

Our lives are contingent, dependent, indebted...to people, events, circumstances beyond our control, and ultimately to God. It is possible to live without regard to any of this. But another possible response is gratitude. Over the next several weeks, join with other members of the church family as we think about the ways our lives have been shaped, encouraged, fostered, and blessed by others, gifts of God along the way. And then let us give thanks!

Our relationships.

## YOUR FAMILY *story*

People who have studied their own ancestry are often intrigued to learn of the remarkable circumstances in their lineage that led to their existence. This reminds us that our very existence is a miracle! If you know something of your lineage, are there particular twists and turns of fate and providence that led to you being you? *If so, reflect on any parts of that story that hold deep meaning for you.*

Think about significant moments in your family of origin that have had lasting impacts on your life. In particular, there might be a moment, or a family decision, that seemed small at the time, but holds deep significance for you now. *Write and reflect.*

What are the parts of your family story that foster the deepest sense of gratitude. *Write and reflect.*

Is there anyone to whom you should express that gratitude?





Our potential.

## YOUR EDUCATIONAL *story*

Think of the teachers or coaches you had along the way. In particular, think of those who inspired you, or who saw some particular potential in you. *Write down their names, and reflect on their particular contributions to your story.*

Were there key moments (high points or low points) along your educational journey where you were set on a particular path?

Is there anyone to whom you should express gratitude?



Our influences.

## YOUR PROFESSIONAL *story*

What influences, mentors, supervisors, colleagues have made a positive contribution to your professional story? *Write down their names, and reflect on their particular contributions to your story.*

Did anyone come along at just the right time to offer guidance and inspiration? *Write and reflect on that experience.*

Is there anyone to whom you should express gratitude?

Our inspiration.

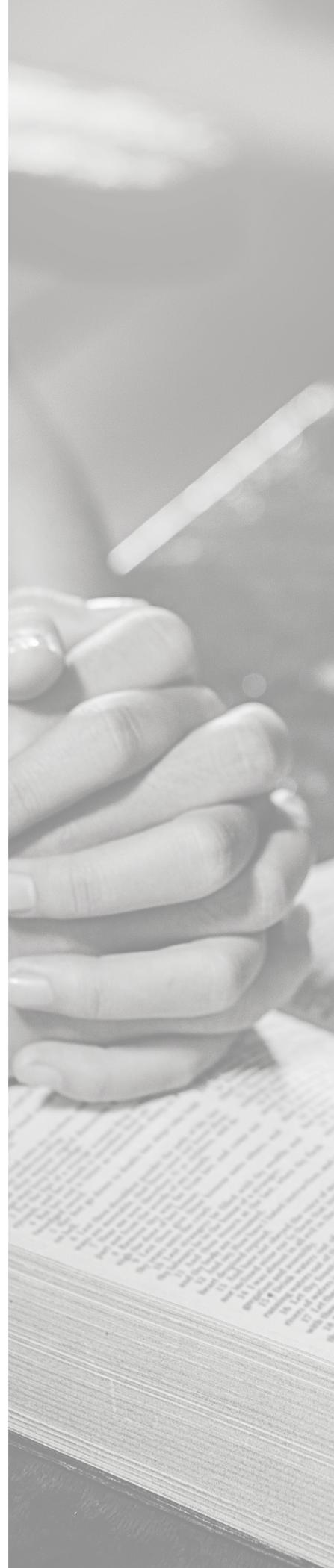
## YOUR FAITH *story*

Whose faith inspired you when you were a child, teenager, adult?

*Write their name(s), and reflect on their impact on your story.*

Is there anyone in your life right now whose life is a model for you, and whose faith commitments inspire you, making you want to deepen your own? *Write their name(s) and reflect on what it is about their life that is significant to you.*

Is there anyone to whom you should express gratitude?



Our strengths.

## YOUR FRIENDSHIP/RELATIONSHIP *story*

Have you had friendships that have been the source of comfort, encouragement, strength, and stability? *Write their name(s) and reflect on why this friendship has been significant.*

Have you had friendships that have weathered storms and endured even across times of separation and distance? *Write their name(s) and offer a prayer of thanksgiving.*

Is there a friend (or are there friends) who, had they not been in your life, would you have lived a lesser life? *Write their name(s), and reflect on their significance.*

Is there anyone to whom you should express gratitude?





Our gratitude.

## YOUR GOD *story*

When and where has God been most palpable to you?

*Write and reflect.*

When has God's presence been the most uncertain?

*Write and reflect.*

How have you experienced God's grace in your life?

*Write and reflect.*

Have any of your prayers ever been answered?

*Write and reflect.*

Have some of your prayers been answered in ways that you didn't expect, and you received what you needed, and not what you wanted? *Write and reflect.*

Blank writing area for reflection on unexpected prayer answers.

How have you endured seasons of doubt?

*Write and reflect.*

Blank writing area for reflection on enduring seasons of doubt.

What do you know about God now that you wished you had known all along.

*Write and reflect.*

Blank writing area for reflection on new knowledge about God.

Has your relationship with God fostered a spirit of gratitude in you?

*Write and reflect.*

Blank writing area for reflection on gratitude from a relationship with God.

Does generosity feel like a dutiful obligation, or an expression of joy?

*Write and reflect.*

Blank writing area for reflection on the nature of generosity.