St. John Paul II
Catholic Parish

BOOKLET OF

Gratitude



How can we grow in our gratitude to God?

Writing down a prayer connects you to the Lord, strengthening your personal relationship as you confide in Him and look for guidance and strength. Keeping a record of your daily prayers can reveal God's abundant blessings in your life, the gifts you have been given.

Write a prayer request during your morning prayer. Then, thank God for 3 things, something as simple as your attributes (my ability to . . .), something beautiful you witnessed, a person, a situation where you saw God's hand, etc. Go back in the evening and follow up with an additional blessing of the day. May these pages be a place of discovery and gratitude.

MONDAY

DATE:_____

Today's prayer request...

MORNING

Today I thank the LORD for . . .

1

2

3

NIGHT

Today's blessing...

I won't worry about tomorrow because God will provide for me. MATTHEW 6: 25 - 34

TUESDAY

DATE:_____

Today's prayer request...

MORNING

Today I thank the LORD for . . .

1

2

3

NIGHT

Today's blessing...

I am a new person in Christ. The past won't be held against me. 2 CORINTHIANS 5:17

WEDNESDAY

DATE:_____

Today's prayer request...

MORNING

Today I thank the LORD for . . .

1

2

3

NIGHT

Today's blessing...

God is my Shepherd who gives me everything I need. PSALM 23:1

THURSDAY

DATE:_____

Today's prayer request...

MORNING

Today I thank the LORD for . . .

1

2

3

NIGHT

Today's blessing...

I am a beloved child of God, and He will never forget me. PSALM 27:10

FRIDAY

DATE:_____

Today's prayer request...

MORNING

Today I thank the LORD for . . .

1

2

3

NIGHT

Today's blessing...

I will bring God glory through my service. PSALM 100:2

SATURDAY

DATE: _____

Today's prayer request...

MORNING

Today I thank the LORD for . . .

1

2

3

NIGHT

Today's blessing...

I will be still and wait in God. PSALM 46:10

SUNDAY

DATE: _____

Today's prayer request...

MORNING

Today I thank the LORD for . . .

1

2

3

NIGHT

Today's blessing...

I humble myself so that the Lord may honor me at just the right time. 1 PETER 5:6

Parish Prayer

Heavenly Father, we thank You for the abundant gifts You have bestowed upon us, both individually and as the St. John Paul II family. As we embark on our annual stewardship renewal, we humbly ask to do Your will.

Holy Spirit, open our hearts to recognize the many ways we can share our time, talent, and treasure in the building up of the Kingdom and our parish. Inspire us to be generous stewards, always mindful that all we have comes from God.