

P A R A D O X

GRATITUDE JOURNAL

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Paradox

/ˈperəˌdäks/

noun: a seemingly absurd or self-contradictory statement or proposition that when investigated or explained may prove to be well founded or true

Imagine being part of a community where the claims of Christ were being presented in a winsome way, a church where anyone could come in, no one was perfect, and anything was possible. A church that was reflective, egalitarian, globally aware, culturally engaged, and Jesus-centered. A church that exercised courageous faith, innovative risk-taking, prayerful leadership and handed the torch of faith to the next generation burning more brightly than the one before.

It begins with gratitude.



Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. ~John 4:23

Today, I will partner with God by:

Gratitude deepens faith. Keeping a record of God's faithfulness boosts our faith and reminds us of our loving Lord when things get tough. We're beginning a six-week journey which we hope will lead us all to a greater transformation of our souls and a closer walk with God. Each week, use this gratitude journal to jot down the things you're thankful for, where you're seeing God at work.

Begin on this page and write down where you see your life right now and your relationship with God (this is for your eyes only). This is your starting point.

Date: ____/____/____

Today, I am...

Today, I can let go of...

Today, I am grateful for...



Week One.

I am grateful for:

M	
TU	
W	
TH	
F	
S	

Affirmations.

I am...

Improvement. How can I make today better?

M	
TU	
W	
TH	
F	
S	

God, help me...

"[I am] confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus." ~Philippians 1:6

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Week Two.

I am grateful for:

M	
TU	
W	
TH	
F	
S	

Affirmations.
I am...

Improvement. How can I make today better?

M	
TU	
W	
TH	
F	
S	

God, help me...

"In your relationships with one another, have the same mindset as Christ Jesus."
~Philippians 2:5

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Week Three.

I am grateful for:

M	_____
TU	_____
W	_____
TH	_____
F	_____
S	_____

Affirmations.
I am...

Improvement. How can I make today better?

M	_____
TU	_____
W	_____
TH	_____
F	_____
S	_____

God, help me...

Do everything without grumbling or arguing, so that you may become blameless and pure, "children of God without fault in a warped and crooked generation." Then you will shine among them like stars in the sky as you hold firmly to the word of life.
~Philippians 2:14-16

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Week Four.

I am grateful for:

M	_____
TU	_____
W	_____
TH	_____
F	_____
S	_____

Affirmations.
I am...

Improvement. How can I make
today better?

M	_____
TU	_____
W	_____
TH	_____
F	_____
S	_____

God, help me...

"Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." ~Philippians 3:13-14

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Week Five.

I am grateful for:

M	
TU	
W	
TH	
F	
S	

Affirmations.
I am...

Improvement. How can I make today better?

M	
TU	
W	
TH	
F	
S	

God, help me...

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." ~Philippians 4:6-7

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Week Six.

I am grateful for:

M

TU

W

TH

F

S

Improvement. How can I make today better?

M

TU

W

TH

F

S

Affirmations.
I am...

God, help me...

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength." ~Philippians 4:12-13

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**To our God and Father be glory for ever and ever.
Amen.**

At Damascus Road Community Church we believe there's always a next right step. If you'd like to explore what's next for you, check out the Adult Pathway and its offerings at damascus.com/next-step.

Better yet, use our Connect Card and contact us for more information about classes where you can grow, small groups where you can experience community, and serving opportunities where you can take your faith to the neighborhood. Visit <https://drcc.wufoo.com/forms/connect-card>, complete the Connect Card, and someone will be in touch soon!

Gratitude Journal

NAME: _____

