



**One-Month
Gratitude Journal**

For Christian Women

Ada Babajide

Introduction



Dear Sister in Christ,

Welcome to Cultivating a Grateful Heart, a one-month gratitude journal created to help you deepen your relationship with God through thankfulness. Gratitude is a powerful practice that shifts our focus from our worries to God's abundant blessings. As you journey through these 30 days, you'll find daily prompts, scripture and testimonies to encourage your heart and grow your faith.

In every season, God is faithful, and gratitude helps us see His hand more clearly. Take time each day to reflect, write, and pray. Whether you've had a challenging or joyful day, there is always something to thank God for.

Let this journal be a reminder that gratitude is a doorway to greater peace, joy, and intimacy with Jesus. As you journey through this month, I encourage you to share your experiences and insights with other sisters in Christ. We can inspire and support each other in our walks with Him. I pray this time blesses you richly and strengthens your walk with Him.

In His love,

Ada Babajide

Daily Journal



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Day 1



Blessed be the Lord, Who daily loads us with benefits, The God of our salvation! - Psalm 68:19

Journal Prompt: What are three things you are grateful for today?

Day 2



**My people will live in peaceful dwelling places, in secure homes."
– Isaiah 32:18**

Journal Prompt: List three things about your home that make you feel thankful.

Day 4



"I thank my God every time I remember you." – Philippians 1:3

Journal Prompt: Write about a friend or family member who has been a blessing to you.

Day 5



"For you created my inmost being; you knit me together in my mother's womb." – Psalm 139:13

Journal Prompt: What aspect of your health are you grateful for today?

Day 7



"I called on the Lord in distress; the Lord answered me and set me in a broad place." – Psalm 118:5

Journal Prompt: Reflect on one answered prayer and why you are thankful.

My Testimony

What Life basics am I thankful for?

I remember a season when a global financial crisis impacted my husband's business; at that time, I was a full-time mom when my five children were between thirteen and five years old. With no business or job to support the family, it was challenging.

I am particularly grateful for our home 🏠. We didn't have to deal with rent issues. I am thankful for family and friends whose encouragement, prayers and gifts helped us navigate that season. I am grateful for the business idea the Lord gave me that sustained us, helped with the children's education and allowed me to travel internationally.

My husband had a partial stroke, but today, there is no scar or evidence because the Lord healed him perfectly. One of my sons had a sports accident and fractured two bones in his leg. The provision for the surgery was a miracle, and his healing was excellent; he now walks without limping.
Father, I am forever grateful.

GRATITUDE FOR LIFE'S BASICS

"Gratitude turns what
we have into enough,
and more"
- Melody Beattie

Day 9



"Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance." – Romans 5:3

Journal Prompt: Think of a moment you grew stronger through a challenge. Write about why you're thankful for that growth.

Day 10



"As iron sharpens iron, so one person sharpens another." – Proverbs 27:17

Journal Prompt: Write about a friend or mentor who has impacted your faith.

Day 11



**"Whatever you do, work at it with all your heart, as working for the Lord." –
Colossians 3:23**

Journal Prompt: List three things about your work or ministry that bring you joy.

Day 13



"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." – Ephesians 4:32

Journal Prompt: Write about a time someone showed you unexpected kindness.

Day 14



"Let us consider how we may spur one another on toward love and good deeds." – Hebrews 10:24

Journal Prompt: Think of one thing you appreciate about your spiritual community.

My Testimony

What am I thankful for in personal growth and relationships?

The first thirty years of my life were very turbulent because of the different life issues I had to deal with. From rejection to failure, abandonment and grief, each episode left me more broken and wounded.

Then God visited, and my healing journey began one layer after another. I am thankful that I did not lose my mind in that season. I am grateful that I found faith in Christ as an anchor for my soul.

I am thankful for the growth in understanding that has helped me become a shining light to others. I am so grateful for the skills in trauma management, counselling and coaching that I gained in my transition to better days. I am also thankful to God for those who I have served and the growth and transformation they have experienced.

I thank God for Mentoring relationships that have developed and empowered me to be and do all God called me to.

Now, I live a life of grace and impact I never dreamed of years ago.

GRATITUDE FOR PERSONAL GROWTH
AND RELATIONSHIPS

"To be grateful is to recognize the love of God in everything He has given us—and He has given us everything."
— Thomas Merton

Day 15



"And we know that in all things God works for the good of those who love him." – Romans 8:28

Journal Prompt: Write about a trial that brought unexpected blessings.

GRATITUDE FOR BLESSINGS IN DISGUISE

Day 16



"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you." – Jeremiah 29:11

Journal Prompt: Recall a time when a closed door led to something better.

GRATITUDE FOR BLESSINGS IN DISGUISE

Day 17



"No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it - 1 Corinthians 10:13

Journal Prompt: Recall a time when a closed door led to something better.

GRATITUDE FOR BLESSINGS IN DISGUISE

Day 18



"But they who wait for the Lord shall renew their strength." – Isaiah 40:31

Journal Prompt: Write about a time when waiting produced something wonderful.

GRATITUDE FOR BLESSINGS IN DISGUISE

Day 19



"The Lord is close to the brokenhearted and saves those who are crushed in spirit." – Psalm 34:18

Journal Prompt: List three things you've learned through disappointment.

GRATITUDE FOR BLESSINGS IN DISGUISE

Day 20



"Make every effort to keep the unity of the Spirit through the bond of peace." – Ephesians 4:3

Journal Prompt: Reflect on a relationship restored by God's grace.

A series of horizontal lines for journaling, consisting of 21 lines.

GRATITUDE FOR BLESSINGS IN DISGUISE

Day 21



"You intended to harm me, but God intended it for good." – Genesis 50:20

Journal Prompt: Write about how God has redeemed a painful situation in your life.

GRATITUDE FOR BLESSINGS IN DISGUISE

My Testimony

2006, during a worship service, the Holy Spirit pointed my attention to a sister in the service, and the Lord asked me to support them. I approached the couple after service, shared what I had received, and asked how I could help. The only need they had was for a baby.

I started to fast and pray with them weekly, and after some weeks, she became pregnant. I rejoiced with them. A few weeks after, I found out I was pregnant too. This pregnancy was at the time we had serious financial problems, and I already had five children.

I felt so confused because the family planning method I used had failed. People made many negative comments that hurt me, but God's encouragement gave me peace. I am thankful for that experience because God promised to make way for us. We named her Oluwalana- God the way maker. God's provisions came in many miraculous ways for the family that grew our faith individually. She has grown into a beautiful, God-loving, intelligent young lady!

My blessing in disguise!

"The soul that gives thanks can find comfort in everything; the soul that complains can find comfort in nothing."
- Hannah Whitall Smith

GRATITUDE FOR BLESSINGS IN DISGUISE

Day 23



"Restore to me the joy of your salvation and grant me a willing spirit, to sustain me." – Psalm 51:12

Journal Prompt: Reflect on the joy of your salvation.

Day 24



"Thanks be to God for his indescribable gift!" – 2 Corinthians 9:15

Journal Prompt: Write a thank-you letter to Jesus for His sacrifice.

Lined writing area consisting of 20 horizontal lines.

Day 25



**"For no matter how many promises God has made, they are 'Yes' in Christ."
- 2 Corinthians 1:20**

Journal Prompt: List three promises of God that encourage you.

GRATITUDE FOR GOD'S ETERNAL GIFTS

Day 26



"You make known to me the path of life; you will fill me with joy in your presence." – Psalm 16:11

Journal Prompt: Reflect on the gift of God's presence in your life

Day 27



"And the peace of God, which transcends all understanding, will guard your hearts." – Philippians 4:7

Journal Prompt: Write about the peace you find in knowing God.

GRATITUDE FOR GOD’S ETERNAL GIFTS

Day 29



But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. John 14:26

Journal Prompt: How has the Holy Spirit helped you in your faith journey? Write a letter of gratitude mentioning what you are grateful for.

GRATITUDE FOR GOD'S ETERNAL GIFTS

My Testimony

God's Eternal Gifts

I discovered the gospel message of salvation as a young girl, but nothing has been more Transformational than understanding the Fatherhood of God.

I lived in fear of darkness, animals, demons, death, etc, until I understood that I have a heavenly Father who can protect me. Freedom from fear is the reason I have peace. I am thankful that God forgave my sins because of Jesus' death, and I was adopted into God's family. This acceptance has helped me gain self-worth, confidence, and boldness.

The gift of the Holy Spirit has given me revelation into spiritual truths, especially about God's call and purpose for my life. I live in joy and contentment, knowing that I am God's vessel for his glory. I am forever grateful to God.

GRATITUDE FOR GOD'S ETERNAL GIFTS

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."
- 1 Thessalonians 5:18



Contact

If you loved this journal, give me feedback.

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