

Gratitude Gathering

Psalms 100 · Printable PDF · Print at 100% on US Letter

“Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the Lord is good; his steadfast love endures forever.”

PSALM 100

One page, thirty squares, one line each day. Gratitude practiced daily is not a mood — it is a discipline of noticing, and it changes what you are able to see by the end of the month.

1 • Read Psalm 100 first

Before you write anything, read the psalm once and answer three questions in the margin.

What are we told to do (list every command)?

What reason does the psalm give (verse 5)?

Notice: is the thanks based on circumstances or on God's character?

2 • The thirty squares

Each day of September, fill one square with a single sentence. Keep the rule strict — one line, no explaining.

Days 1-10: something small and physical (a taste, a light, a sound).

Days 11-20: a person, and what specifically they did.

Days 21-30: something about God Himself you saw evidence of.

3 • When you miss a day

You will miss days. Do not backfill from memory — write today's and move on.

How do I usually respond to breaking a streak?

What would grace look like in this practice?

4 • The gathering

On September 30th, read all thirty lines in one sitting.

What theme repeats that you did not notice day by day?

Which line surprises you now?

Write one paragraph of thanks to God based on the whole page:

CLOSING PRAYER & REFLECTION

Tape the finished page inside a cabinet door where you will see it in October, when the noticing gets harder.

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