

# MBC 2025 Thankfulness Journal

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## Introduction – How to Use This Devotional

Welcome to your 2025 Biblical Thankfulness Journal. This devotional is designed to guide you through a month of **intentional gratitude**, helping you focus on the blessings God has placed in your life. Each day includes a Scripture verse, a reflection to inspire your heart, a short prayer, and a few lines for journaling.

As you read, meditate on the verses, let the reflections speak to your heart, and respond in prayer. Use the journaling lines to record your thoughts, prayers, or moments of thankfulness. Even on difficult days, this practice will help you cultivate a heart of gratitude and draw closer to God.

Remember, **gratitude is not just a feeling—it's a discipline**, an act of worship, and a lens through which we see God's faithfulness every day.

## Opening Prayer

*Heavenly Father,  
Thank You for the gift of life and for the countless blessings You pour into our hearts each day. Open our eyes to see Your goodness, soften our hearts to receive Your love, and guide our hands to express gratitude in every word and action. May this time of reflection draw us closer to You and cultivate a spirit of thankfulness that flows throughout every season of our lives. In Jesus' name, Amen.*



# Daily Devotions:

## Day 1 – November 1 – A Grateful Heart in Every Season

### Scripture:

“Give thanks to the Lord, for he is good; his love endures forever.”  
Psalm 107:1 (NIV)

### Reflection:

Gratitude is a posture of the heart, not dependent on circumstances. Whether we face joy or challenge, our thankfulness is rooted in God’s unchanging goodness. When we pause to recognize His love, we shift our focus from what is lacking to what is abundant. Today, let your heart dwell on His faithfulness, remembering that each breath and blessing is a gift. A grateful heart transforms ordinary moments into encounters with God.

### Prayer:

*Lord, help me cultivate a heart that sees Your goodness in every season. Teach me to give thanks with sincerity and joy. Amen.*

### Journaling Lines:

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## Day 2 – November 2 – Thankful for His Presence

### Scripture:

“The Lord is near to all who call on him, to all who call on him in truth.”  
Psalm 145:18 (NIV)

### Reflection:

God’s presence is a constant source of comfort and strength. In moments of fear or uncertainty, His nearness reassures us that we are never alone. Thankfulness grows when we recognize that God walks beside us, guiding and sustaining us. Today, reflect on the ways God has shown His presence in your life—through answered prayers, loving friends, or the beauty of creation. Gratitude opens our eyes to His constant companionship.

### Prayer:

*Heavenly Father, thank You for never leaving my side. Help me to be aware of Your presence in every moment and to rejoice in Your nearness. Amen.*

### Journaling Lines:

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## Day 3 – November 3 – Gratitude in Small Things

### Scripture:

“This is the day the Lord has made; let us rejoice and be glad in it.” —  
Psalm 118:24 (NIV)

### Reflection:

God’s blessings often come in small, quiet ways—a smile from a stranger, a moment of peace, or a kind word. Gratitude is noticing these gifts and celebrating them as evidence of God’s love. By rejoicing in the little things, we cultivate a mindset that appreciates every day as a gift from Him. Today, focus on the small joys around you and let them fill your heart with praise.

### Prayer:

*Lord, open my eyes to see the blessings You place in the small moments. Teach me to rejoice and give thanks for each day You have made. Amen.*

### Journaling Lines:

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## Day 4 – November 4 – A Heart of Contentment

### Scripture:

“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...”  
Philippians 4:12 (NIV)

### Reflection:

Contentment is the companion of gratitude. When we learn to trust God’s provision, we can rejoice in both abundance and scarcity. Our thankfulness deepens as we rely on Him rather than on circumstances. Today, reflect on areas of your life where you can choose contentment and thank God for His faithfulness, knowing He provides all you truly need.

### Prayer:

*Father, teach me to be content in every situation and to give thanks regardless of circumstances. Let my heart rest in Your provision. Amen.*

### Journaling Lines:

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## Day 5 – November 5 – Thankful for Forgiveness

### Scripture:

“Praise the Lord, my soul, and forget not all his benefits—who forgives  
all your sins and heals all your diseases...”

Psalm 103:2-3 (NIV)

### Reflection:

Forgiveness is one of the greatest blessings we receive from God. When we recognize the depth of His mercy, gratitude flows naturally. By remembering His forgiveness, we gain freedom from guilt and are empowered to live in grace. Today, reflect on God’s mercy in your life and allow thankfulness for His forgiveness to shape your thoughts, words, and actions.

### Prayer:

*Lord, thank You for Your forgiveness that restores my soul. Help me to live in the freedom of Your grace and extend that grace to others. Amen.*

### Journaling Lines:

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## Day 6 – November 6 – Gratitude in Trials

### Scripture:

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds...”  
James 1:2 (NIV)

### Reflection:

It may seem impossible to be thankful in trials, yet these moments refine our faith and build perseverance. Gratitude in hardship acknowledges God’s sovereignty and His ability to bring good from every situation. Today, choose to trust God’s purposes and thank Him even in difficulty, knowing He is working all things together for your good.

### Prayer:

*Heavenly Father, help me to see Your hand at work in my trials. Teach me to give thanks even when life is hard, trusting Your perfect plan. Amen.*

### Journaling Lines:

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## Day 7 – November 7 – Thankful for Family and Friends

### Scripture:

“Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up.”  
Ecclesiastes 4:9-10 (NIV)

### Reflection:

Relationships are gifts from God. Family and friends support, encourage, and love us through life’s seasons. Gratitude grows as we recognize and cherish these bonds. Today, reflect on those God has placed in your life and thank Him for the ways they bless and strengthen you. A heart of gratitude often overflows into meaningful relationships.

### Prayer:

*Lord, thank You for the people in my life who reflect Your love. Help me to value and encourage them, and to express my gratitude daily. Amen.*

### Journaling Lines:

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## Day 8 – November 8 – Grateful for God’s Creation

### Scripture:

“For since the creation of the world God’s invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made...”

Romans 1:20 (NIV)

### Reflection:

The world around us is filled with evidence of God’s creativity and glory. When we pause to notice the beauty of nature, from a sunrise to a gentle breeze, gratitude arises naturally. Today, take time to observe God’s handiwork in creation and let it inspire your praise and thankfulness.

### Prayer:

*Heavenly Father, thank You for the beauty and wonder of creation. Help me to see Your hand in every detail and give thanks for Your magnificent work. Amen.*

### Journaling Lines:

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## Day 9 – November 9 – Gratitude for God’s Provision

### Scripture:

*“And my God will meet all your needs according to the riches of his glory in Christ Jesus.”  
Philippians 4:19 (NIV)*

### Reflection:

God faithfully provides for our needs, often beyond what we expect. Recognizing His provision cultivates trust and gratitude. Today, reflect on the ways God has supplied for you—physically, emotionally, spiritually—and offer thanks, knowing He continues to care for you every day.

### Prayer:

*Lord, thank You for meeting my needs and providing abundantly. Teach me to trust in Your provision and to give thanks for all You supply. Amen.*

### Journaling Lines:

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## Day 10 – November 10 – Thankful for God’s Faithfulness

### Scripture:

“Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments.”

Deuteronomy 7:9 (NIV)

### Reflection:

God’s faithfulness never wavers. Even when we falter, He remains steadfast. Gratitude grows as we remember His promises and trust His unwavering character. Today, reflect on His faithfulness throughout your life and let it fill you with confidence, peace, and thanksgiving.

### Prayer:

*Heavenly Father, thank You for Your unfailing faithfulness. Help me to trust Your promises and rejoice in Your steadfast love every day. Amen.*

### Journaling Lines:

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## Day 11 – November 11 – Gratitude for God’s Peace

### Scripture:

“And the peace of God, which transcends all understanding, will guard  
your hearts and your minds in Christ Jesus.”  
Philippians 4:7 (NIV)

### Reflection:

God’s peace is a gift that steadies our hearts amidst life’s storms. Gratitude opens our eyes to this daily provision, allowing us to rest in Him. Even when circumstances are chaotic, His peace remains, guarding our thoughts and emotions. Today, reflect on moments where God’s peace has comforted you and thank Him for this divine gift.

### Prayer:

*Lord, thank You for Your peace that calms my heart and mind. Help me to trust You fully and rejoice in Your presence. Amen.*

### Journaling Lines:

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## Day 12 – November 12 – Thankful for Spiritual Growth

### Scripture:

“But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever!”  
2 Peter 3:18 (NIV)

### Reflection:

Spiritual growth is evidence of God’s work in our lives. Gratitude deepens as we recognize the ways He transforms us through Scripture, prayer, and life experiences. Today, reflect on areas of growth and learning, thanking God for the patience and grace He shows as you become more like Christ.

### Prayer:

*Heavenly Father, thank You for guiding my spiritual journey. Help me to grow in grace and knowledge, giving glory to You in all I do. Amen.*

### Journaling Lines:

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## Day 13 – November 13 – Gratitude for Joy in the Lord

### Scripture:

“Rejoice in the Lord always. I will say it again: Rejoice!”  
Philippians 4:4 (NIV)

### Reflection:

Joy is a fruit of gratitude and a reflection of our trust in God. Even in ordinary days, choosing to rejoice strengthens our hearts and draws us closer to Him. Today, reflect on moments of joy you’ve experienced because of God’s presence, and let that joy overflow into thanksgiving and praise.

### Prayer:

*Lord, thank You for filling my heart with joy. Teach me to rejoice in You always, regardless of my circumstances. Amen.*

### Journaling Lines:

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## Day 14 – November 14 – Thankful for God’s Guidance

### Scripture:

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

Proverbs 3:5-6 (NIV)

### Reflection:

God’s guidance lights our path when decisions are uncertain. Gratitude arises as we recognize His wisdom and direction in our lives. Today, reflect on decisions where God has led you, giving thanks for His guidance and trustworthiness.

### Prayer:

*Heavenly Father, thank You for guiding my steps. Help me to trust You completely and follow Your path with confidence. Amen.*

### Journaling Lines:

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## Day 15 – November 15 – Thankful for God’s Strength

### Scripture:

“I can do all this through him who gives me strength.”  
Philippians 4:13 (NIV)

### Reflection:

God’s strength sustains us in every challenge. Gratitude grows as we recognize that our abilities and perseverance are gifts from Him. Today, reflect on moments where God’s strength carried you through, and give thanks for His sustaining power in your life.

### Prayer:

*Lord, thank You for giving me strength when I am weak. Help me to rely on You and trust Your power to sustain me. Amen.*

### Journaling Lines:

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## Day 16 – November 16 – Gratitude for Hope

### Scripture:

“May the God of hope fill you with all joy and peace as you trust in him,  
so that you may overflow with hope by the power of the Holy Spirit.”  
Romans 15:13 (NIV)

### Reflection:

Hope anchors our hearts in God’s promises. Gratitude arises when we remember that His plans are good, and His Spirit empowers us to persevere. Today, reflect on the hope you have in Christ and thank Him for being your anchor in uncertain times.

### Prayer:

*Heavenly Father, thank You for filling me with hope and joy. Help me to trust in You fully and to overflow with hope in every circumstance.  
Amen.*

### Journaling Lines:

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## Day 17 – November 17 – Thankful for God’s Love

### Scripture:

“Give thanks to the Lord, for he is good; his love endures forever.”  
Psalm 136:1 (NIV)

### Reflection:

God’s love is unfailing and unchanging. Gratitude grows as we remember the ways He demonstrates love in our daily lives. Today, reflect on His steadfast love and let it fill your heart with joy and thanksgiving, trusting in His eternal care.

### Prayer:

*Lord, thank You for Your endless love. Teach me to embrace Your love fully and share it with others through my words and actions. Amen.*

### Journaling Lines:

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## Day 18 – November 18 – Gratitude for Service and Giving

### Scripture:

“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”

1 Peter 4:10 (NIV)

### Reflection:

Serving others allows us to express gratitude by giving back. When we recognize God’s gifts in our lives, we can bless others and reflect His grace. Today, consider ways you can serve and give, thanking God for the opportunity to make a difference.

### Prayer:

*Heavenly Father, thank You for the gifts You have given me. Help me to use them to serve others and glorify You in all I do. Amen.*

### Journaling Lines:

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## Day 19 – November 19 – Thankful for Patience

### Scripture:

“Be completely humble and gentle; be patient, bearing with one another in love.”  
Ephesians 4:2 (NIV)

### Reflection:

Patience is a reflection of God’s character in our lives. Gratitude arises as we recognize His patience with us and His guidance in cultivating patience in our hearts. Today, reflect on situations where patience has brought growth, peace, or understanding, and thank God for this vital virtue.

### Prayer:

*Lord, thank You for teaching me patience and for showing patience with me. Help me to extend patience and love to others daily. Amen.*

### Journaling Lines:

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## Day 20 – November 20 – Gratitude for God’s Promises

### Scripture:

“For no matter how many promises God has made, they are ‘Yes’ in Christ. And so through him the ‘Amen’ is spoken by us to the glory of God.”

2 Corinthians 1:20 (NIV)

### Reflection:

God’s promises are reliable and true. Gratitude deepens as we remember that His Word never fails. Today, reflect on the promises He has fulfilled in your life and give thanks for the hope and assurance found in Christ.

### Prayer:

*Heavenly Father, thank You for Your faithful promises. Help me to trust in Your Word and rejoice in Your faithfulness each day. Amen.*

### Journaling Lines:

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## Day 21 – November 21 – Thankful for God’s Wisdom

### Scripture:

“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”

James 1:5 (NIV)

### Reflection:

God’s wisdom guides our decisions and illuminates our path. Gratitude arises as we seek His counsel and trust in His understanding, not our own. Today, reflect on moments when God’s wisdom has directed you and give thanks for His guidance in all areas of life.

### Prayer:

*Lord, thank You for the wisdom You freely give. Help me to seek Your counsel and apply it in every decision I make. Amen.*

### Journaling Lines:

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## Day 22 – November 22 – Gratitude for God’s Protection

### Scripture:

“The Lord will keep you from all harm—he will watch over your life; the Lord will watch over your coming and going both now and forevermore.”

Psalm 121:7-8 (NIV)

### Reflection:

God’s protection surrounds us in ways we often overlook. Gratitude deepens when we recognize His safeguarding hand in our daily lives. Today, reflect on times when God’s protection was evident and offer thanks for His faithfulness and care.

### Prayer:

*Heavenly Father, thank You for Your constant protection. Help me to trust in Your care and feel secure in Your presence. Amen.*

### Journaling Lines:

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## Day 23 – November 23 – Thankful for God’s Healing

### Scripture:

“He heals the brokenhearted and binds up their wounds.”  
Psalm 147:3 (NIV)

### Reflection:

God’s healing restores our hearts, minds, and bodies. Gratitude grows when we reflect on His power to mend what is broken. Today, consider areas of your life that have experienced healing and give thanks for His loving restoration.

### Prayer:

*Lord, thank You for Your healing touch. Restore my heart and mind, and help me to trust in Your restorative power. Amen.*

### Journaling Lines:

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## Day 24 – November 24 – Gratitude for Grace

### Scripture:

“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God.”  
Ephesians 2:8 (NIV)

### Reflection:

God’s grace is unearned and abundant. Gratitude arises when we recognize that His favor covers our sins and empowers us to live faithfully. Today, reflect on the ways God’s grace has transformed your life and give thanks for this priceless gift.

### Prayer:

*Heavenly Father, thank You for Your amazing grace. Help me to live in gratitude for Your mercy and to extend grace to others. Amen.*

### Journaling Lines:

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## Day 25 – November 25 – Thankful for God’s Faith

### Scripture:

“Now faith is confidence in what we hope for and assurance about what we do not see.”  
Hebrews 11:1 (NIV)

### Reflection:

Faith allows us to trust God even when His plan is not fully visible. Gratitude grows as we rely on Him, confident that He is at work. Today, reflect on your journey of faith and thank God for the assurance and hope it provides.

### Prayer:

*Lord, thank You for the gift of faith. Help me to trust Your promises and walk boldly in Your plan for my life. Amen.*

### Journaling Lines:

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## Day 26 – November 26 – Gratitude for God’s Comfort

### Scripture:

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles...”

2 Corinthians 1:3-4 (NIV)

### Reflection:

God provides comfort when life feels heavy or uncertain. Gratitude deepens as we experience His presence in moments of sorrow or stress. Today, reflect on times God has comforted you and thank Him for His unfailing compassion.

### Prayer:

*Heavenly Father, thank You for Your comfort in times of trouble. Help me to rest in Your compassion and share it with those around me. Amen.*

### Journaling Lines:

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## Day 27 – November 27 – Thankful for God’s Guidance in Relationships

### Scripture:

“Do everything in love.”  
1 Corinthians 16:14 (NIV)

### Reflection:

Our relationships flourish when guided by God’s love. Gratitude grows as we recognize His influence in helping us love wisely and act with kindness. Today, reflect on your relationships and thank God for His guidance in building strong, loving connections.

### Prayer:

*Lord, thank You for guiding me in my relationships. Help me to act with love, patience, and understanding in all my interactions. Amen.*

### Journaling Lines:

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## Day 28 – November 28 – Gratitude for God’s Joy

Scripture:

“The joy of the Lord is your strength.”  
Nehemiah 8:10 (NIV)

### Reflection:

God’s joy energizes and uplifts our spirits. Gratitude grows when we focus on the joy found in His presence, even amidst challenges. Today, reflect on moments where God’s joy has strengthened you and thank Him for this divine gift.

### Prayer:

*Heavenly Father, thank You for the joy that comes from You. Help me to draw strength from Your joy and to let it shine in my life. Amen.*

### Journaling Lines:

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## Day 29 – November 29 – Thankful for God’s Patience

### Scripture:

“The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.”

2 Peter 3:9 (NIV)

### Reflection:

God’s patience is a model for our own lives. Gratitude grows as we recognize His patience in teaching, correcting, and guiding us. Today, reflect on God’s patience toward you and give thanks, seeking to mirror that patience in your interactions.

### Prayer:

*Lord, thank You for Your patience and mercy. Help me to reflect Your patience in my life and to trust Your timing completely. Amen.*

### Journaling Lines:

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## Day 30 – November 30 – Thanksgiving for God’s Faithfulness

### Scripture:

“Let us hold unswervingly to the hope we profess, for he who promised  
is faithful.”

Hebrews 10:23 (NIV)

### Reflection:

As we close this month of thankfulness, we reflect on God’s unwavering faithfulness. Gratitude anchors our hearts as we remember His promises, provision, protection, and love. Let this daily practice continue beyond November, shaping a lifestyle of continual thankfulness and trust in God.

### Prayer:

*Heavenly Father, thank You for Your steadfast faithfulness. May my heart remain full of gratitude and my life reflect Your goodness each day.  
Amen.*

### Journaling Lines:

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## **Closing Prayer**

*Lord, we thank You for guiding us through this month of reflection and gratitude. Thank You for Your love, faithfulness, and countless blessings. May the seeds of thankfulness planted in our hearts continue to grow, shaping every thought, word, and action. Help us to walk daily in Your presence, rejoicing, serving, and trusting in Your goodness. In Jesus' name, Amen.*

