

Gratitude & Faith Reflection

Finding light in every day



Name: _____ Date: _____

🚢 "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." — 1 Thessalonians 5:18

Today I Am Grateful For

Big or small — a warm cup of tea, a kind word, another day of breath. Write it down.

1

2

3

4

5

A Moment of Grace

Describe a moment today (or recently) where you felt carried, supported, or at peace — even briefly:

Scripture or Affirmation for Today

Write a verse, quote, or affirmation that speaks to where you are right now:

What does this mean for my recovery today?

Letting Go

What am I holding onto that I need to release? (guilt, shame, fear, resentment)

I choose to surrender this to God / to let this go because:

Prayer or Meditation

Use this space for a written prayer, meditation notes, or simply words you need to hear today:

Closing Thought

One word that describes how I feel after this reflection:

One kind thing I will say to myself today:



"You are anchored. Not by your own strength, but by a grace that holds you even when you can't hold on."