**Creating a Thanksgiving Journal**

Write a creative letter to God, thanking God for all the many blessings in your life. To begin writing your prayer, write “Dear God” at the top of your paper. Then, follow the guidelines below to create your thanksgiving prayer to God.

1. **Thank God For Your Blessings**: Sometimes, we don’t always take the effort or time in our lives to name the blessings God gives us. Begin your prayer writing, “Thank you God for the gifts of…” Write on your paper at least five things, people, or experiences you are grateful for. Open your eyes and your heart to your daily gifts of friendships, family, your basic needs, health, etc. Remember those who have given you love and valued your friendship.
2. **Thank God for Your Talents:** Pause and think of the skills and talents God has blessed you with. Are you a good listener? Musically talented? Artistic? A good athlete? Energetic? Humorous? Good in school? Thank God for at least three talents you have been blessed with.
3. **Be a Blessing to the World**: How will you do something nice for someone this Thanksgiving season? Close your letter to God by saying, “God, I want to show my gratitude to others by…” End your prayer by writing, “Amen.”
4. **Place Your Prayer in the Journal**: When you are finished, put your prayer in a sheet protector and place it in a gratitude journal on your prayer table.

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