Printable Guided Thankfulness Prayer

LORD, thank You for *(person's name)*_____ and how they have extended kindness to me; for *(person's name)*_____, because they demonstrate child-like faith; for *(person's name)* _____ and all they do for me without wanting something in return; for *(person's name)* _____ and their worship of You that is vibrant and free.

Thank You for the teachers and mentors in my life *(names of teachers/mentors)* _____. They lead by example and embody Your wisdom and direction.

Thank You for the people who make me laugh so hard my stomach hurts *(names of some funny people)* _____. They remind me to not always take life so seriously and that You are a God of abundant joy.

Thank You for the people who have prayed for me, taken care of me in unseen ways, and helped me get to where I am today. Although I may not know them personally, You know them and their names and lives. Please bless and protect them as they continue to seek and honor You.

Thank You for my body. I love that I can *(3 body action verbs)* _____.
I'm grateful to experience the feeling of *(sensation or pleasing experience)* _____.
Thank You for choosing to come to earth in a human body, so You also know the pains and sorrows I feel. Thank You for dwelling inside me by Your Holy Spirit. May I steward well this body You have given me and speak and think kindly about it. Thank You for the food I'll get to eat, like *(3 favorite Thanksgiving foods)* _____.

Thank You for *(a comforting item)*_____ and the warmth it brings to me. I praise You for *(a favorite sight)*_____. Thank You for *(a favorite song)* _____ and the gifts of music and sound. Thank you for *(a favorite smell)* _____ and the memories and feelings that scent brings.

I also choose to thank you for the challenges in my life. Thank you for *(a hard situation)* _____ and for how it motivates me to more fully rely on Your wisdom and strength. I'm sorry for the times I've made mistakes this week such as *(a mistake you made)* _____, but I thank You for how they remind me of my imperfection and constant need of sanctification.

Thank You for holding all of my unknowns, such as *(2 unknowns that cause you stress)* _____. You know them fully, and may I entrust them to You without worrying. I pray I would lean into You more when I feel overwhelmed and at the end of my rope. Thank You for Your love, Jesus. We have nothing apart from You. Please grow our gratitude to continue beyond just this time of year. May we praise You everyday, for You are always worthy of it.

In the name of the Father, Son, and Holy Spirit,
Amen