

Gratitude & Growth Exercise Worksheet

Recognizing God's Faithfulness & Ongoing Transformation

Why This Matters

During difficult seasons, spiritual battles, emotional struggles, or long periods of growth, it can become easy to focus only on:

- what is still wrong,
- what still hurts,
- what still needs healing,
- or how far we still have to go.

But gratitude helps shift our attention back toward:

- God's faithfulness,
- His presence,
- His provision,
- His healing,
- and the growth He is already producing within us.

Gratitude does not ignore pain or struggles.

Instead, it helps us remain aware of God's goodness while continuing to grow.

This exercise is designed to help you:

- recognize areas of growth,
- celebrate progress,
- reflect on God's faithfulness,
- strengthen healthy thinking,
- and remain encouraged as you continue moving forward.

Scripture Focus

1 Thessalonians 5:18

"In everything give thanks; for this is the will of God in Christ Jesus for you."

Philippians 1:6

“He who has begun a good work in you will complete it...”

Psalms 103:2

“Bless the Lord, O my soul, and forget not all His benefits.”

Gratitude Reflection

What are 5 things you are grateful for right now?

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
-

Recognizing God’s Faithfulness

In what ways have you seen God help, guide, strengthen, or sustain you recently?

Growth Reflection

What positive changes or growth have you noticed in yourself recently?

Examples:

- healthier thinking
- emotional awareness
- greater peace

- more self-control
- honesty
- forgiveness
- consistency
- spiritual hunger
- healthier relationships
- less fear
- improved boundaries
- greater surrender

Write your answer below:

Looking Back

What is one area where you know God has brought you forward from where you used to be?

What unhealthy pattern, mindset, or struggle has become weaker over time?

Gratitude vs Negativity Check

When you become discouraged, what negative thoughts tend to repeat most often?

Examples:

- "I'm not growing fast enough."
- "I'll never fully change."
- "Nothing is improving."
- "I always fail."

- “I’m too broken.”

Write your answer below:

Truth & Gratitude Exchange

What truth from God’s Word helps challenge those negative thoughts?

What is one thing you can thank God for even during difficult seasons?

Growth Celebration

Sometimes we forget to celebrate progress.

What is one victory, breakthrough, or healthy decision you are thankful for?

Examples:

- asking for help
- being honest
- rebuilding trust
- controlling reactions
- praying consistently
- walking away from temptation
- setting boundaries
- forgiving someone
- reconnecting with God

Write your answer below:

Daily Gratitude Practice

This week, take a few moments each day to write:

- one thing you are grateful for,
- one area where you noticed growth,
- and one truth you want to remember.

Day	Gratitude	Growth	Truth
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Encouragement

Transformation is often easier to see when you pause and reflect.

Do not overlook:

- small victories,
- growing consistency,
- increasing awareness,
- healthier choices,
- or quiet moments of obedience.

Growth does not always happen quickly —
but healthy fruit develops over time as you remain connected to God.

Even small steps forward matter.

Closing Prayer

“Father, thank You for Your faithfulness, patience, and continued work in my life. Help me recognize the growth You are producing within me and teach me to remain grateful even during difficult seasons. Renew my mind, strengthen my heart, and remind me that transformation takes time. Thank You for every step of healing, surrender, obedience, and growth You are leading me through. Help me continue walking forward with hope, humility, and trust in You. In Jesus’ name, Amen.”

Summary Theme

Gratitude helps strengthen perspective, recognize growth, and remain aware of God’s faithfulness throughout the journey of transformation.