



## 21 Gratitude Prompts for Peace in a Chaotic Season

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1. Name three small blessings from today that reveal God's presence.
2. Recall a past challenge. How did you see God's work at hand?
3. Write a prayer of thanks for the people that lift you up.
4. What part of creation reminded you of God's beauty this week?
5. List five things you often overlook but are grateful for right now.
6. How has God provided for you in unexpected ways recently?
7. Describe a moment when peace replaced worry.
8. Thank God for a lesson learned through difficulty.
9. Which Bible verse brought comfort today?
10. Who can you show gratitude to with a note or text?
11. Identify one sound, scent, or sight today that felt like a gift.
12. Reflect on a friendship that strengthened your faith.
13. What answered prayer still amazes you?
14. How has God protected you this year?
15. Name a talent or skill you're thankful to use for His glory.
16. Recall a time laughter lightened a heavy heart.
17. Write about a moment when you clearly felt God's guidance.
18. Note three things in nature that inspire awe and gratitude.

19. How have you seen God's faithfulness in a recent trial?
20. Thank God for a recent opportunity to serve someone else.
21. List three simple joys that made you smile today.